

# WIGWAM TO WIGWAM

YOUR "HOUSE TO HOUSE" NEWS

## Settlement Agreement INFORMATION ADVISORY Re: Processing of Common Experience Payment (CEP) Applications

**OTTAWA, November 2, 2007 -**  
On September 19, 2007 the Government of Canada began receiving applications for the Common Experience Payment (CEP) which is one element of the court supervised Indian Residential Schools Settlement Agreement.

As you may have already submitted your CEP applications form for processing, please be assured that the government is working to process applications as quickly and efficiently as possible. Since implementation there has been an overwhelmingly positive response to the Common Experience Payment by former students, much higher than originally anticipated. Within the first six weeks the Government received almost 70,000 applica-

tions. This large volume has caused some delays in processing.

The Government of Canada is working hard to expedite the processing of your application in a timely manner. Immediate steps include an increase in the number of processing staff, to ensure that applications are processed as quickly and efficiently as possible. We understand that applicants have waited a long time for these payments and we appreciate your patience.

Rest assured the Government of Canada remains committed to a fair and lasting resolution to the legacy of Indian Residential Schools, and to processing your application as quickly as possible.

- Indian Residential Schools Canada -



JANUARY/FEBRUARY  
2008

### Special points of interest:

- IRS Settlement Process
- IRS Statistics
- Toronto Aboriginal Care Team

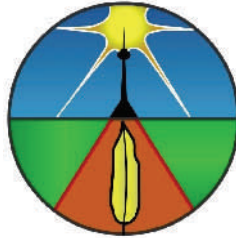


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## Indian Residential School Statistics as of January 7, 2008

Total number of applications received	85,080
Total number of applications processed	56,625
- Number of payments issued	46,910
- Number of applications not eligible for payment	9,715
Total number of applications requiring further information to complete processing	4,484
Total number of applications currently in process	23,971



**Toronto Aboriginal Care Team  
A Program of  
NATIVE CHILD AND FAMILY SERVICES OF TORONTO**

**First Nations, Métis, Inuit?**

***Looking for addictions and  
mental health services in Toronto?***

**WHAT WE DO:**

- ◆ Get together to talk about your needs
- ◆ Help you make a plan to meet your situation
- ◆ Link you with the right services
- ◆ Develop longer-term follow-up and support between various services

**Confidentiality ~ Culture ~ Community  
Office Hours Mon-Fri 10 – 6 pm**

**Evening Phone Service 6 – 8 pm for Support & Information**

464 Yonge Street, 2<sup>nd</sup> Floor, Suite 201

Phone (647) 258-0336

**RESPECTING A RANGE OF GOALS, INCLUDING HARM  
REDUCTION AND ABSTINENCE**

**Please see article on page 3**

## Depression

We all get sad after someone we love dies or another personal trauma touches us. This kind of sad or low mood is called reactive depression. It's not a mental illness; it's a normal response to something bad that has happened.

Sometimes, however, our sad or low mood significantly interferes with our ability to function normally. When this lasts for more than two weeks, and is associated with other signs and symptoms, it's something more and it's called clinical depression.

Clinical depression is a medical disorder, just like diabetes, high blood pressure or heart disease. It's not a sign of personal weakness or something you can just snap out of.

Clinical depression can affect your thoughts, feelings, physical health and behaviors. It can seriously impact your personal relationships, your ability to perform at work, and your ability to just get through the day.

### Signs and symptoms of depression

- Sad mood
- Preoccupation with failures or inadequacies and a loss of self-esteem
- Feelings of uselessness, hopelessness, excessive guilt
- Slowed thinking, forgetfulness, difficulty in concentrating and in making decisions

- Loss of interest in work, hobbies, people
- Social isolation
- Lethargy
- Agitation/Irritability
- Changes in appetite or weight (eating too little or too much)
- Changes in sleep (sleeping too little or too much)
- Decreased sexual drive
- Suicidal thoughts

Depression isn't a weakness or character flaw. It's a medical illness and it's treatable. Between 80-90% of all people with depression respond to treatment and nearly all who receive treatment see at least some relief from their symptoms.

If you feel like you may be suffering from depression, talk to someone about it. There are many treatment options for depression because everyone's symptoms and reactions are different. Medications (e.g. antidepressants) and psychotherapy (e.g. cognitive behaviors therapy) are the most common combination of treatments. Don't get discouraged, it may take a while to find the counselor and the medications that work best for you.

Submitted by Alita Sauve - Native Child & Family Services of Toronto

## Toronto Firebirds Raise Money for Wigwamen Seniors



The Toronto Firebirds Hockey & Baseball Association held a prize bingo fundraiser at Wigwamen Terrace in the Turner Room on Sunday, January 6, 2008. A grand total of **\$814** was raised, with all of the proceeds going directly to the Wigwamen Terrace Social Club! The money was donated to the Social Club as a gesture of appreciation for the seniors' continued support.

The Toronto Firebirds will be playing in the Regional Championships, in Montreal, Quebec on Mother's Day weekend!

**GO FIREBIRDS GO!**

## Terrace Happenings

Happy New Year everyone! December 2007 went out on a positive note at the Terrace. The tenant Terrace Christmas Party was held on December 7, 2007. The Turner Room was beautifully decorated thanks to Stanley and his crew. Entertainer Adam Timoon was back by popular demand and, as always, the food was outstanding. Thank you Wigwamen staff, family and friends for volunteering your time.

Frances and I would like to acknowledge our tenants for their generosity and support with our Christmas Terrace Adopt-A-Family fundraiser. We are pleased to announce that enough funds were raised to adopt two families this year. One family, consisting of a mom and three children, received 2 large boxes of food, a \$125 gift certificate for the Bay/Zellers, and a \$100 gift certificate for No Frills. The second family, consisting of a mom and one child with various disabilities, received two large boxes of food, a \$75 gift certificate for the Bay/Zellers, and a \$100 gift certificate for No Frills. Your kindness truly made a difference.

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As part of Wigwamen's energy saving initiative, Wigwamen Terrace maintenance will be supplying and installing energy efficient light bulbs in all units. Notices should be out sometime during the last week in January or the first week of February. We also ask that you turn down the heat and turn off your lights when you leave your apartment. Your co-operation is appreciated.

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It was noted during a routine fire inspection that a few tenants had either dismantled their smoke detectors or removed the battery. Please DO NOT tamper with the smoke detectors. In doing so you are jeopardizing your safety and that of others. If you hear a periodic beep, the battery is low. Please notify the office immediately, and we will promptly replace it.

### Reminders:

- ◆ Do not feed the pigeons or squirrels on the 4th floor terrace or courtyard
- ◆ Please dispose of all garbage and do not leave any items in the garbage rooms
- ◆ Please do not dispose of furniture and leave it in the common areas. Dispose of it by the garbage bin area to the left of the entrance (towards the back of the building).

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Wigwamen Terrace tenants and staff welcome Barbara Wabegijig to our community.

Sarah Jayne Kendall



Terrace Beauties



Entertainer Adam Timoon



## Aboriginal Peacekeeping

In 1989 the Metropolitan Toronto Police Service recognized the need to enhance its relationship with Aboriginal people and assigned an Aboriginal Police Officer to the Chief's Community Liaison Unit.

Although success was achieved in opening the lines of communication with Aboriginal people in Toronto, historical and cultural factors continued to prevent Aboriginal people from utilizing the full range of available police services.

The Toronto Police Service is the first urban Police Service in Canada to establish a distinct Unit to respond to the emerging needs of Aboriginal people. Established in 1992 as the Aboriginal Peacekeeping Unit and partly staffed by Aboriginal Police Officers, the Unit bridges the gap between police and Aboriginal people and ensures access to police services which are sensitive to their cultural background and special needs.

The role of a Peacekeeper is to be aware of issues in the community and to act as a mediator, reducing misunderstandings and resolving problems before they escalate. Aboriginal Peacekeeping combines traditional peacekeeping with community-based policing.

Today, an estimated 70,000 Aboriginal people reside in Metropolitan Toronto, which consti-



tutes the largest reserve of Aboriginal people in the country.

The Unit provides a focus for Police and Aboriginal people to continue their work together, in a partnership based on mutual understanding and respect.

Aboriginal Peacekeeping has been involved in various community-based projects and continues to promote programs which foster positive police-community relations and improve the quality of life for Aboriginal people. Some of these projects include:

**Police Workshop** - As part of an ongoing outreach program, officers are available for consultation at Aboriginal social agencies.

**Aboriginal Youth Mentoring Program** - Youth are exposed to officers as positive role models and officers become aware of the challenges and obstacles facing today's Aboriginal youth.

### Services Provided by Aboriginal Peacekeeping

- Ensure open lines of communication are well established and maintained
- Represent the Chief of Police on various councils and committees
- Liaise with Aboriginal social services agencies and organizations
- Attend meetings, seminars and workshops to provide consultation and education on local police procedures, the role of police, individual rights and other legal issues
- Act as a referral agent to connect individuals to community organizations and agencies
- Exchange information on Aboriginal issues with other Police Services
- Deliver educational presentations on Aboriginal Peacekeeping, Aboriginal people and their culture to members of the Service
- Assist with the recruitment and induction of Aboriginal people into the Police Service
- Facilitate access to services available from the Toronto Police Service

Contact Kim Turner or  
Darrell Morrison  
416-808-7046

## Terrace Kitchen

### Lemon Chicken & Spinach Soup

#### Ingredients:

2 tbsp extra virgin olive oil  
 1 onion, diced  
 2 cloves garlic, minces  
 1 each carrot and stalk celery, diced  
 1 sweet red pepper, diced  
 1 tsp ground cumin  
 1/4 tsp pepper  
 8 cups homemade Chicken Stock or 6 cups sodium-reduced chicken stock plus 2 cups of water  
 4 cups packed fresh spinach leaves, trimmed and chopped  
 2 cups of small cooked pasta (such as stars or small shells), 1 cup uncooked  
 2 cups diced cooked chicken  
 2 tsp grated lemon rind  
 1/3 cup lemon juice

#### Preparation:

In large saucepan, heat oil over medium heat; fry onion, garlic, carrot, celery, red pepper, cumin and pepper, stirring often, until softened, about 8 minutes.

Pour in stock and bring to boil; reduce heat, cover and simmer until vegetables are tender, about 15 minutes.

Stir in spinach, pasta, chicken, lemon rind and lemon juice; simmer for 5 minutes.



## Cold & Flu Season

### Kill the Cold Tea

#### Ingredients:

1 slice ginger  
 lemon  
 1 cup of hot water

#### Preparation:

Take a one-inch slice of ginger & juice from 1/4 of a lemon, and add both to hot water. Add cardamom if desired.





# KIDS' PAGE

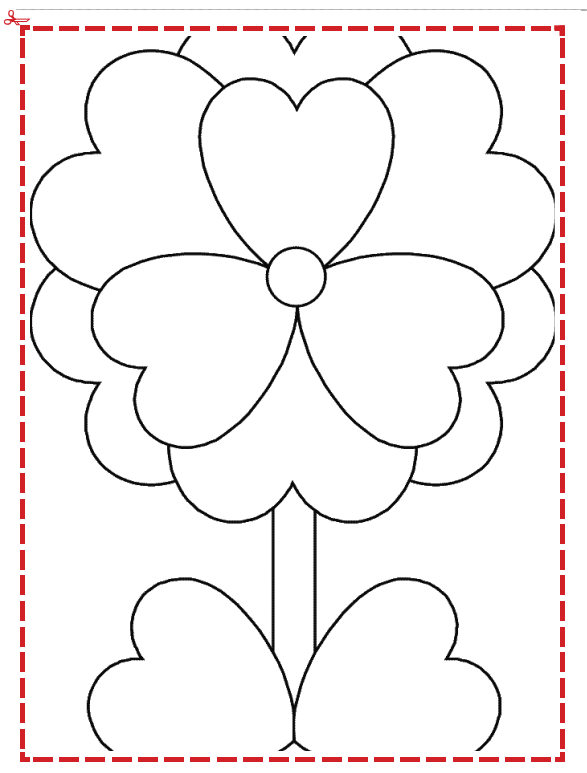
MAKE YOUR OWN VALENTINE'S DAY CARD



back

FOLD

front



# Gift Certificate

*This Gift Certificate is presented to*

\_\_\_\_\_

*This certificate entitles the recipient(s) to*

\_\_\_\_\_

*From:* \_\_\_\_\_

*Expiration date: Never*



## Gift Certificate Ideas:

- ◆ Doing the laundry for two weeks
- ◆ Breakfast in bed
- ◆ Cleaning the house
- ◆ Making dinner
- ◆ A night at the movies
- ◆ Free babysitting



### YOUR "HOUSE TO HOUSE" NEWS

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## Contact Us

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

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416-281-2079

Or

**Sarah Jayne Kendall**

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416-925-9165



## Zero Balance Club Winners

### How to join the Zero Balance Club

Pay your rent on or before the 1st of the month and your name will be entered into a draw.  
Winners receive a **\$50 Gift Certificate from Dominion.**

#### Congratulations to our latest winners:

- ◆ Oriana Lessard
- ◆ Noni Bennett
- ◆ Eden Armstrong
- ◆ Jalal Uddin Ahmed
- ◆ Sauna Provo
- ◆ Valerie Garrison

