



WIGWAMEN TO WIGWAMEN

YOUR HOUSE TO HOUSE NEWS

VOLUME 18.01

MEEGWETCH!

Thanks to everyone at Place Perrault who took the time to complete our Tenant Survey. Congratulations to Jacques Laveau, winner of the Tenant Survey Draw.

Tenant Surveys will soon be distributed to our Toronto tenants. Be sure to complete and return yours for a chance to win a \$50 gift card!



ONPHA AWARD FOR *excellence*

“Every year, the Ontario Non-Profit Housing Association selects one non-profit housing provider which best exemplifies excellence in the provision of non-profit housing in Ontario.

At the end of 2016, Wigwamen Incorporated was honored to be selected by ONPHA to receive the 2016 Award for Excellence. More information can be found on page 5 of this newsletter, and at our website, www.wigwamen.com.

WIGWAMEN POST-SECONDARY SCHOLARSHIPS



Wigwamen was pleased to award Post-Secondary Scholarships to ten terrific students at its annual picnic on July 29th, 2017, including: Erica Gavel, Basit Ali, Doriesha Watson-State, Jennifer Downie, Nasrullah Khan, Ayesha Siddiqua, Christine Nebenionquit, Jason Liang, Nicole Leveck, and Hassaan Ahmad.



Eight happy scholarship recipients and Wigwamen's President, Donna Niven.



WIGWAMEN TENANT PICNIC

July 29, 2017 marked the 17th Annual Wigwamen Tenant Picnic held at Christie Pitts Park. The gathering has become a summer tradition that staff and tenants alike look forward to every year.



Picnic Drummers



Tenants and their guests enjoying the festivities.



Wigwamen Staff taking a break before guests arrive.

FLOWER POWER



“Why try to explain miracles to your kids, when you can just have them plant a garden?” -Robert Brault

2017 WIGWAMEN FLOWER POWER CONTEST WINNERS

- 1st:** K. Jackson
- 2nd:** R. Jacko & P. Jacko
- 3rd:** O. Lessard & K. Baise

Honourable Mention: C. Hashie, J. Wang, M. Henry, A. Osawamick



For more information about Wigwamen Tenant Programs, please contact Amber Seager at aseager@wigwamen.com. If you do not have access to email, please see your Property Manager.



WHAT'S IN SEASON?

Food that is produced closer to home is often fresher and tastier. Local food is often a better buy, plan your meals around what's in season to help you save. Ontario fruits and vegetables that are in season in February and March: Apples, Rhubarb, Mushrooms, Beets, Cabbage, Carrots, Garlic, Onion, Parsnips, Rutabaga, Squash, Sweet Potatoes.

For more information visit: www.eatrightontario.ca



Building in
Brampton, Caledon,
Toronto & York Region

Habitat for Humanity GTA is currently building affordable, permanent, housing in Toronto, Brampton, and York region, and as an organization committed to diversity and inclusion, we are currently looking for applications from Indigenous families. If you identify as First Nations (status or non-status), Metis, or Inuit, and would like more information on our homeownership program and how to apply, please check out our website at habitatgta.ca/homeownership and/or call 416-755-7353 ext. 240 to speak with Jenne Finley, who will be more than happy to answer any questions you may have. We look forward to hearing from you!

Opioid overdoses are on the rise in Toronto and our Nation's Capital.

Learn the Signs and Symptoms:

- Breathing will be slow or gone
- Lips and nails are blue
- Person is not moving
- Person may be choking
- Can't be woken up
- You can hear gurgling sounds or snoring
- Pupils are tiny
- Skin feels cold and clammy

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An overdose is a medical emergency. If you suspect or witness an overdose, call 9-1-1!

**Ontario Mental Health Helpline:
1-866-531-2600**

**Ontario Drug and Alcohol Helpline:
1-800-565-8603**



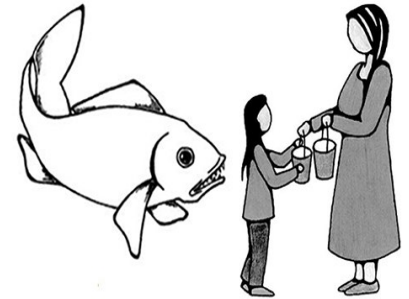


Winter- A Time for Storytelling

Among many First Nations, winter was the time for storytelling. As well as teaching the young, storytelling was a way for adults to enliven the long, cold winter nights.

The Granddaughter who was Eaten by a Big Fish

This is a story about Gookum (Cree word for "grandmother") and her mischievous granddaughter, Beulah. Beulah was a very curious little girl. She was always wandering off from the camp, looking for adventures. Gookum was always telling her to listen. One day, Gookum asked Beulah to get some water from the lake so she could make soup.



"Whatever you do, don't go swimming in the lake alone," said Gookum.

"Why not?" asked Beulah.

"Because there is a giant fish in that lake, and he will catch you and swallow you up if you swim too far."
"Eeeeya, Gookum. I'm not afraid of a big fish."

So, Beulah went off to collect the water. Oh, it was a nice warm day. The sun shone brightly.

A squirrel chattered as she walked along the path.

"Go away, silly squirrel. I am busy."

A butterfly flew around the girl. She ran around in circles trying to catch the butterfly until it flew away. "I am really hot now," Beulah said to herself.

Finally, Beulah came to the lake. She went to the big rock where Gookum had showed her to stand to get water. She dipped her buckets in the lake. They filled up quickly. Those buckets were heavy now. She had to be very careful when she carried them to the shore, they were so heavy. With a cup, she scooped out the little sticks and leaves that floated on the top. She was ready to carry them back now.

Carrying the buckets made Beulah tired. She lay down next to the water, in a nice spot on a large flat rock. The sun shone on her. She was very hot, so she took off her shirt.

A blue jay landed in a tree next to the path.

The blue jay squawked at her.

"You noisy old bird. Stop disturbing me." The blue jay flew away.

Beulah decided to have a quick swim, just to cool off before she took the water back for Gookum. She removed all of her clothes and dived in.

The water was nice and cool. Beulah was a good swimmer. She decided she would swim out as far as she could. As she swam out, Beulah saw a huge silver flash in the water. It was a great big fish, and with one gulp, it swallowed her whole! Beulah found she was trapped in the stomach of the huge fish Gookum had warned her about.

"Oh no," she cried. "I should have listened to Gookum!"

Beulah had been gone a long time. Gookum thought that she had found an adventure and forgotten to get water. There was no point in worrying about her — there were chores to be done around camp. She cut wood and made dinner. When Beulah wasn't home by night, Gookum was worried, but she knew the little girl was able to take care of herself in the woods.

The next day, Beulah still was not back. Gookum needed food, so she gathered the fishing net and went down to the lake. She caught six fish. One was a huge creature that stretched as long as her arms and more. That big fish would feed a whole family for a week.

She started cutting up all the fish. When she finally got to the big fish, she slid the knife into the belly. Beulah jumped out, very much alive.

At first, Gookum was startled, but she quickly realized it was Beulah, who was covered head to toe in slimy, sticky fish innards.

She shook her head at Beulah, and began to laugh at her. "I told you, I told you not to swim in the lake." Beulah bowed her head and said nothing. She just went to the lake to clean off all the smelly fish slime.

For more stories like this one,
please visit: [www.canada.ca/
indigenous-services-canada](http://www.canada.ca/indigenous-services-canada)



AWARD FOR *excellence*

ONPHA's Award for Excellence recognizes innovative non-profit housing corporations that respond to tenant and/or community needs with imagination and insight. These outstanding housing providers demonstrate excellence by going beyond their housing mandates to build strong tenant communities and partnerships, housing populations that have been poorly served, advocating and supporting new development, and demonstrating originality and innovation to manage housing more effectively.

2016 WINNER

WIGWAMEN INCORPORATED

Wigwamen Incorporated is Ontario's oldest and largest urban Aboriginal non-profit housing provider, operating over 600 units in Toronto and 41 units in Ottawa. In operation since 1972, Wigwamen has demonstrated excellence through:

Tenant support and engagement: Wigwamen fosters community and supports its tenants through successful and long-standing events and programs, such as an annual tenant barbeque, Christmas dinners, tenant scholarships and much more.

Strong partnerships: Wigwamen has a strong track record for building partnerships with community agencies, including March of Dimes Canada, Accommodation, Information and Support (AIS), the Malvern Healthy Community Cupboard and more.

High-quality housing: Wigwamen's strong commitment to high quality housing, maintenance, accessibility, energy efficiency and environmental sustainability is evident in every one of its buildings.

Commitment to expansion: Through its more than 40-year history, Wigwamen has consistently pursued opportunities to expand its housing portfolio to offer more affordable housing options for Ontario's Aboriginal community.



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WIGWAMEN Incorporated provides safe and affordable housing to hundreds of Aboriginal and non-Aboriginal families, singles, and seniors throughout Toronto and Ottawa.

WIGWAMEN HOUSING

- The Terrace (104 units for Aboriginal seniors) 14 Spadina Road, Toronto, ON, M5R 3M4
- 20 Sewells Road (92 units for Aboriginal/non-Aboriginal individuals & families) Toronto, ON, M1B 3G5
- 228 Galloway Road (60 units for Aboriginal /non-Aboriginal individuals & families) Scarborough, ON, M1E 5G6
- Pam Am (145 units for Aboriginal individuals & families) 75 Cooperage Street, Toronto, ON, M5A 0J5
- Scattered Housing (for Aboriginal families) 214 homes located throughout the GTA
- Place Perrault (41 units for Aboriginal/ non Aboriginal individuals & families) 205 Eric Czapnik Way, Ottawa, K1E 0A5



Wigwamen Head Office
23 Lesmill Road, Suite 106
Toronto, Ontario, M3B 3P6
Tel:416-481-4451
Fax: 416-481-5002

TO APPLY FOR WIGWAMEN HOUSING

Families & individuals of Aboriginal descent should fill out Wigwamen applications that are available:



In person: at Head Office, at Wigwamen Terrace 14 Spadina Road, 20 Sewells Road, or 205 Eric Czapnik Way in Ottawa;

By mail: call 416-481-4451 to request; or

Online: at www.wigwamen.com

You must submit proof of legal status in Canada and a copy of either your Status Card or an Affidavit of Aboriginal Descent for Housing Purposes with your application. Affidavits can be obtained from Aboriginal Legal Services of Toronto.

Non-Aboriginal Families & Individuals should fill out an application that is available:



In person: at Housing Connections, 176 Elm Street, near Dundas & University; or 205 Eric Czapnik Way in Ottawa;

By mail: call 416-981-6111 or 613-702-5358 in Ottawa to request; or

Online: at www.housingconnections.ca (Toronto) or www.placeperrault.ca (Ottawa)

You must submit proof of legal status in Canada and your income with your application.

Wigwamen Maintenance

If you have a maintenance issue please contact your building manager. If you do not have a building manager on site, please call the Head Office at 416-481-4451.

Wigwamen’s website features an Online Maintenance Request Form:

www.wigwamen.com/housing/maintenance-request-form/



In the event of an after-hours emergency (for instance a flood, or heating failure), please call 416-481-4451 in Toronto or 613-805-9604 in Ottawa.

MEEGWETCH

This issue of Wigwam to Wigwam was written and compiled by Angela Klassen-Hayes. Layout by Safa Mahmod.