



Flower Power Is Stronger Than Ever!

And the 2002 Winners Are...

This year's response to the Flower Power Contest was even better than last! I would like to take the opportunity to thank each participant for all the hard work they put into their gardens. Everyone did a great job.

A panel of judges consisting of Lynne Vallis, Paula Pelletier, Alla Ponomarenko and myself took a day to inspect each of the gardens that were entered in the contest.

As you might imagine, choosing the winning entries wasn't easy because all of the entrants did such a great job. After careful consideration, we are happy to award:

First prize – Carol Jeffries

Second prize – Tara Sweeney-McCue

Third prize – Marie Fletcher

We would also like to congratulate the five Honourable Mentions: Elaine Martin; Margaret Glew; Veronica Rice; Sheila Lapratt; and Shawne Graham.

Congratulations to all the winners and to all of you who took the time to participate. We look forward to another record breaking Flower Power in 2003!

- Jodi Hetherington

P.S. For a selection of pictures from this year's contest, see our special Flower Power 2002 insert.

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General Manager's Report

Wigwamen Incorporated to Develop a 92-Unit Affordable Housing Project

Wigwamen's on the move again...

Although Wigwamen Incorporated is Ontario's largest Aboriginal housing provider, it hasn't been able to expand since the early 1990s due to cancellation of non-profit housing programs by the federal and provincial governments. All that's about to change.

In March of this year, Wigwamen was one of five groups which submitted a proposal to the City of Toronto to develop a 92-unit affordable housing project at 20 Sewells Road, in Scarborough. The merits of our proposal, and our ability as a group to bring the project to fruition, were carefully weighed by the City, and after many months of interviews, discussions, and deliberations, we're pleased to be able to report that our proposal was selected.

Funding is being contributed by all three levels of government, with \$2,000,000 in funding through the Federal Government's Supporting Communities Partnership Initiative; the City of Toronto contributing \$2.2 million dollars in capital funding and providing exemptions from development and related charges through its Let's Build Program; and the Government of Ontario providing \$579,000 in rent supplements for at least the first five years to help make the 92 units more affordable.

In addition, the 0.6 hectare site will be donated to the City of Toronto by the governments of Canada and Ontario. The land will then be leased by the City to Wigwamen Incorporated at no charge for 50 years.

In addition, Wigwamen Incorporated has committed to contributing \$460,000 of its own funds to help make the project a reality.

Our project will have 8 bachelor units, 34 one-bedroom units, 28 two-bedroom units, 17 three-bedroom units, and 5 four-bedroom units. It will also have community rooms on three of the floors for use by the tenants for such things as informal recreation and community programming, as well as a multi-denominational worship space. Like Wigwamen Terrace, the as yet unnamed project is expected to have a rooftop terrace for use by the community.

There is a tremendous amount to do over the next two years in order to see the project completed, and more still to do in the decades ahead to build and maintain a community which we can all be proud of, but we're ready for the challenge! We'll keep you all posted in the coming months as we progress.

Community Announcement

Native Child and Family Services of Toronto
in partnership with
Anishnawbe Health Toronto
presents:

Empowerment Circle for women who have experienced abusive relationships

The circle is open to Native women
who are prepared to commit to 12 weeks
(starting October 2)
and who are willing
to participate in a group

Themes to be explored in a safe and supportive environment:

- Understanding the cycle of violence and its impact
 - Safety planning – how to keep yourself safe
 - Learn about your legal rights – family and the criminal court system
 - Traditional parenting / teachings
 - Re-building self-esteem
 - Wen-Do – strategies of self-defence

October 2, 2002 – December 18, 2002

(Wednesdays)

Dinner: 5 – 6 p.m. Circle: 6 – 8 p.m.
464 Yonge St. 2nd floor

- TTC fare provided
- Some childcare available

For more information, please call:

Elaine Levesque
Native Child & Family Services
416-969-8150 ext. 228

Doreen LaRiviere
Anishnawbe Health Toronto
416-360-0486

Four Wigwamen Tenants Awarded Dr. Albert Rose Bursaries!

Wigwamen Incorporated is proud
to announce that four (you read
right... four!) of its tenants have
won Dr. Albert Rose bursaries to
pursue post-secondary studies.

Nancy Debassige will be attending
Laurentian University and majoring
in kinesiology; *Kimberly Ross* will
be studying drama at the Centre for
Indigenous Theatre; *Andrea Peers*
will be studying for a career in
Hotel Management at George
Brown College; and *Rita*
Manitowabi will be attending the
Academy of Learning to become a
Network Support Specialist.

Each will receive a bursary of
\$2,740.00.

The bursary program, named in
honour of the late Dr. Albert Rose,
who dedicated his life's work to
education and social housing,
offers bursaries to R.G.I. tenants in
all social housing projects
throughout Ontario.

*Congratulations to all of you,
and best wishes!*

Knowing Your Maintenance

Humidity and Condensation in the Home (Part 1)

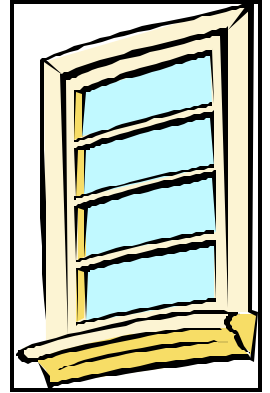
– A Basic Guide to Reduce and Control Humidity –

Over the next several months, we will present to you information about humidity and condensation in your home: what it is, why you should care, and what to do about it!

WHAT IS CONDENSATION?

Stained ceilings, water streaming from windows and mould on trim and walls are all the common result of excessive water vapour in the air.

If we could only see the water vapour in our homes we would have a better chance of controlling it. We can't see water vapour, but we can see its effects. The most common is condensation on the inside surface of your windows. The fog, or in severe cases, the frost that forms on the glass, is a sure sign that the humidity levels in your house are too high.



Condensation problems arise because air can hold only a limited amount of water vapour at any given temperature. Cold air holds less water than warm air.

When air at a given temperature contains all the water vapour it can hold, it is said to have a relative humidity level of 100%. If it contains only half the water vapour it can hold at that temperature, then the relative humidity is 50%. If the temperature changes but no water vapour is added or removed, then the relative humidity will also change. It will increase as the temperature falls and decrease as the temperature rises. Relative humidity will rise as the temperature falls until the “dew point” is reached – that’s the temperature at which the air can hold no more water vapour. Any further decrease in temperature will cause some of the vapour to condense: either as fog when the temperature is above freezing, or as frost when it is below freezing.

It should be pointed out that a little fogging at the lower corners of your windows is nothing to be concerned about. Heavy fogging (or worse—ice formation on glass surfaces), is a cause for concern. It is symptomatic of invisible moisture damage that could be happening in other parts of your home.

Household humidity is a modern problem. More and more of us are living in “air tight” homes, meaning they are more economical to heat and cool and easier to keep clean, but we have created another problem, namely a lack of air exchange, and moisture traps.

– Brian Taheny, Maintenance Manager

Aboriginal History

The Royal Commission on Aboriginal Peoples

Aboriginal people in Canada have the dubious honour of being the “most studied people” in the country. One of the most comprehensive, and likely the largest, research project in Canadian history was the Royal Commission on Aboriginal Peoples.

It was just over 11 years ago, on the 26th of August 1991, that the seven Commissioners were given the mandate to look at virtually every aspect of the lives of the First Nations, Inuit and Métis peoples of Canada. What a job! This included: their history, cultures and economies; relations with Canadian governments; aspirations for self-government; land claims and treaties; issues in health and education; relations with the justice system; the state of their languages; their spiritual well-being; living conditions in the North; the situation in cities; and more generally, their situation in Canada relative to that of non-Aboriginal Canadians.

And so the Commissioners (4 of whom were Aboriginal) and their staff, set out to listen to and learn from Aboriginal people throughout the country.

Here's some of what that entailed...

- 18 months of criss-crossing the country from north to south, west to east
- visiting 96 communities, some more than once
- 178 days of hearings
- briefs or statements from 2,067 people representing organizations, communities and associations, or speaking on their own behalf
- 1000 written submissions from presenters and other members of the public
- 76,000 pages of transcripts
- 356 research studies
- 4 special reports
- a 5-volume, 3,500 page final report



A word on the logo...

The logo is the work of Joseph Sagutch, a 35-year-old Ojibway artist from Toronto, Ontario. Four individuals are seated in a circle representing the Métis, Inuit, First Nations and non-Aboriginal peoples of Canada. The circular design conveys harmony, mirrors the shape of Mother Earth, and stands for the continuous journey of life. Elders, men, women and children from all groups are the figures depicted joining hands in a circle, which symbolizes unity, wholeness, and a continuous journey. The bear paw centered in the circle symbolizes healing energy.

- Adene Kuchera

Terrace Community Kitchen

Corn Scones

*These go great
with chili or soup.*

1/4 cup margarine/butter
(or oil)
1/2 cup milk
2 tbsp. brown sugar or honey
1/2 cup cornmeal
1 1/2 cups flour
1/4 tsp. salt
1 tsp. baking powder
1/4 cup currants (optional)

Melt the margarine/butter. Add it to the milk and sugar in a small mixing bowl. In a separate, larger bowl, mix the cornmeal, flour, salt, baking powder and currants. Make a well in the middle and add the wet ingredients. Mix well. On a flat surface, press the dough into an 8-inch circle, approximately 1/2-inch thick. Slice the circle into 8 wedges. Place the pieces on an oiled baking sheet. Bake for 12-15 minutes at 375F.

Source: Moosewood Cooks at Home

Chili Con Carni

Quick and easy!

1 lb. ground beef
1 onion, chopped
19 oz. can red kidney beans
10 oz. can tomato soup
2/3 cup water
2 tsp. vinegar
1 tsp. salt
1-2 tsp. chili pepper

Brown ground beef and onion in large skillet. Add remaining ingredients. Simmer, stirring occasionally for 10 – 15 minutes or until desired consistency is reached.

- Adene Kuchera



Rice Pudding

Now for some dessert...

This recipe comes from my mother who makes it for my grandfather (who is diabetic but has a bit of a sweet tooth). I've made it a few times too, and it is the simplest yet most delicious rice pudding I've ever come across.

1/2 cup Italian Arborio rice*
4 cups milk
1/3 cup sugar
1 tsp. vanilla
1/3 cup raisins, dried
cranberries, or dried
blueberries (optional)

In a saucepan, mix rice, milk and sugar. Bring to a boil, then simmer, covered for 50 minutes. Add raisins or other fruit during the last 15 minutes of cooking. Remove from heat and mix in vanilla. Spoon into serving bowls and let sit for 15 minutes, or until you're ready to serve it.

*Italian Arborio rice is the best choice for rice pudding — it's a pearly-looking, round, fat white rice which you can find at any major grocery store. You can use any white rice though, as long as it is un-cooked.

Terrace Happenings

- It's hard to miss noticing that lovely new tree in the lobby. It was donated to us from the library next door. A thank-you card was sent to Gloria on behalf of the tenants and staff at the Terrace for thinking of us!
- The Ontario Society of Senior Citizens is looking for activists for seniors issues. If you're interested contact Diana Kucharska, Project Coordinator, Health and Housing at (416)785-8570.
- Wigwamen Terrace is now accepting item donations for the Loonie Auction to be held in October. Proceeds from the auction will go towards the Terrace Resident Annual Christmas Gathering. Please speak with Janet in the Terrace office at (416) 925-9165 if you are interested in helping out.
- The Translators Program is having their Annual Fall Barbecue on Thursday, September 12, 2002 at 179 Gerrard Street, East, from 4:00 p.m. to 9:00 p.m. Come on out to meet friends, eat, dance and have fun!
- Terrace resident James Mason has come out of retirement. He is now the Elder-in-Residence for Spirit of the People.
- In closing, best wishes go out to Suzanne Sutherland who is leaving the Seniors Program at the Native Canadian Centre to pursue other interests. She will surely be missed by all her clients. Terrace staff would like to acknowledge her contribution and support throughout the years with all of our fundraising efforts. Miigwetch and good luck!



Janet Esquimaux

First Nations Quiz

1. According to some Ojibway, the cry of a loon warns us about what weather phenomenon?
Rain? Thunder storm? Wind storm?
2. In the fall of 2001, what Cree author, award-winning playwright, and member of the Order of Canada launched Caribou Song, the first of a picture book trilogy?
3. According to Statistics Canada data from 1996, what per cent of people of Aboriginal ancestry in Canada live off-reserve?
33%? 53%? 73%?
4. Who was "Wildfire," the Native Marathon Man featured in Canada Post's Millennium Collection of 68 postage stamps?
5. Which Canadian city hosted the 2002 North American Indigenous Games from July 25 – August 4?
(Hint: Check last month's newsletter!)
6. What footwear of Louis Riel is part of the collection housed in the Bata Shoe Museum in Toronto?

Answers on page 10...

Book Reviews

Adult Reading

Reservation Blues

By Sherman Alexie
(Reviewed by Melanie Brown)

Reservation Blues is a fun novel about a group of misfits on a Washington State reservation who make waves in their community by forming a rock band. Their adventure begins when the famous blues legend Robert Johnston arrives on the Spokane Indian Reservation (whilst running away from the devil), and leaves his magical guitar to the care of Thomas Builds-the-fire. Thomas is a loner and misfit who becomes the lead singer of the band. He recruits two more band members, the rebels Victor Joseph and Junior Polatkin, and the group christens themselves “Coyote Springs.” The trio soon pick up sisters Chess and Checkers from a neighbouring reservation, to complete the band.

After the band begins to achieve modest success off the reservation, their community goes up in arms, claiming that this group of outcasts is playing the music



of the devil. Consequently, the band members become torn between their community and their music: desperate for money and success, but alienated from their land and their people.

With the “Indian Rock Band” label that follows them everywhere they go, the band eventually makes it to New York City where they have a chance to sign with a major record label. But their dream of making it big stops short of reality, and the members of Coyote Springs soon find themselves back where they began.

This book is expertly written and it’s easy to breeze through it in just a few sittings. It’s extremely funny, and just plain different — which gives it a high recommendation in this reviewer’s eyes!

For Young Readers

The Windigo’s Return: A North Woods Story

By Douglas Wood
Illustrations by Greg Couch
(Reviewed by Adene Kuchera)

This story takes place long ago in the North Woods, the land of the Ojibwe. It was a time when life was good and the people had everything they needed or wanted. Suddenly and strangely however, people began to disappear. Everyone is stumped, until an elder relates to them a story of Windigo, a fearsome giant who lives in the forest, can take any shape, and eats people. A young girl named Morning Star overhears her elders talking about this frightening phenomenon and comes up with a plan to capture the giant. Although this strategy works, the dying Windigo vows revenge! However, I leave it to readers to discover for themselves how the shape-shifting Windigo has visited us every summer since...



A Fond Farewell to Sarah

Over the last year and a half, many of you have gotten to know Sarah Howden, either in her current role as the Aboriginal Housing Support Centre Councillor, or previously as Wigwamen's Administrative Assistant. Sarah will be leaving us at the end of September to travel through Europe and upon her return, she is planning to go back to school to pursue graduate studies. Sarah has been invaluable to Wigwamen, and we are sorry to see her go. Good luck Sarah, and happy trails!

Back-to-School Lunch Tips

Did you know that a child will likely eat upwards of 2,400 lunches during their school years? Many of these are brown-bag lunches brought from home. Imagine: 800 peanut butter and jam sandwiches, 800 baloney sandwiches, and 800 cheese sandwiches. Talk about boring! Kids eat foods that they like, that are tasty and that are fun. Below are some ideas that may help make your kids' lunches a bit more interesting.

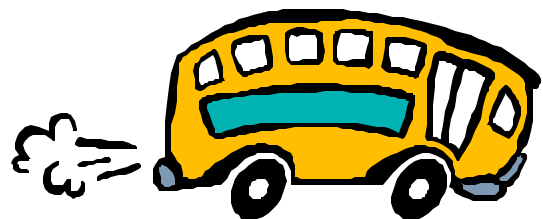
- Try different kinds of breads (rye, raisin, cheese, focaccia), bagels, tortillas and pita bread for sandwiches. Cut out sandwiches or vegetables in cookie-cutter shapes.
- Keep a selection of sandwich ingredients on hand, including condiments, for kids to get creative with when they make their own lunches. Pickles, vegetable sticks, cheeses, sausage, crackers and pretzels are all options. They are more likely to eat food that they have prepared or have helped to prepare.
- For variety, send your child to school with leftover chili, stew, casseroles, macaroni and cheese, or spaghetti.
- Send colourful foods, such as red, green and yellow peppers, carrot and slices of zucchini.
- Yogurt, applesauce, cherries, grapes, trail mix, and dried fruit offer a change of pace.
- Fruit breads such as banana bread, blueberry bread and orange and cranberry loaf are healthy treats.
- A bag of popcorn is an unexpected treat.

Lunch Bag Riddles: *(See page 10 for answers)*

1. What did the tomato say to her friend?
2. What has eyes but no mouth?
3. What does the Invisible Man drink?

This one has nothing to do with lunches but is funny nonetheless!:

4. What do rain clouds wear under their silver lining?



Source: http://www2.alberta.com/guides/back_school/lunch_room.html

Native Child & Family Services of Toronto
5th ANNUAL
“CELEBRATING OUR CHILDREN”
POW WOW



WHO?: Free to all!

WHAT?: Dancing
Drumming
Family barbeque
Crafts table for the children
Vendor Tables

WHERE?: Dufferin Grove Park (across from the Dufferin Mall)

WHEN?: Sunday, September 15th, 2002
Sunrise Ceremony at 7:00 a.m.
Grand Entry: 12 noon

Host Drum: Medicine Sky

Invited Drum: Eagle Heart & Red Hawk

Co-host Drum: Red Spirit

Elder: Rose Logan

Head Dancers: Robert Mendoshkin, Katie Longboat, Mitchell Roy, Melissa Dickemous

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*A Housing Project for
Native People*

www.wigwamen.com

Answers to the First Nations Quiz (page 6):

1. Rain
2. Tomson Highway
3. 73%
4. Distance Runner Tom Longboat from Six Nations
5. Winnipeg
6. His snowshoes

Source: Ontario Library Service, First Nations Library
<http://www.library.on.ca/FirstNations/index.htm>

Answers to Lunch Bag Riddles (page 9):

1. “You go ahead, I’ll ketchup.”
2. A potato
3. Evaporated milk
4. Thunderpants