

Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

Scholarship Award

This past February Wigwamen Incorporated announced that there would be a \$2000.00 scholarship awarded to one Wigwamen tenant who had been approved to enter a post-secondary educational institution (college or university).

The scholarship was open to any tenant who at the time of awarding the scholarship resided in any of our family housing units, at 20 Sewells Road, or at Wigwamen Terrace.

It is with great pleasure that Wigwamen is able to announce that **three** tenants were awarded with a scholarship for \$2000.00 each.



The deserved and dedicated winners are:

Jocelyne Pelletier—Jocelyne is entering her third year of a four year Bachelor of Arts Program at the University of Toronto. She is majoring in Aboriginal Studies with a minor in Women's studies.

Sarah Valez—Sarah is entering her first year of a four year Bachelor of Fine Arts Program at York University.

Marwa—Marwa is entering her first year of a four year Bachelor of Arts Program at York University.

A very heartfelt congratulations to all three recipients. All of the staff along with the Board of Directors at Wigwamen wish you great success with your studies and future endeavors.

(see photo's on page 3)

A sincere thank you to all applicants for taking the time and effort to apply.

Below is a list of possible institutions and agencies to consider for educational funding:

- ◆ First Nations House, University of Toronto (416) 978-8227
- ◆ Ontario Student Assistance Program (OSAP)
<http://osap.gov.on.ca>
- ◆ Aboriginal Programs Unit, George Brown College
(416) 415-5000 ext. 2526

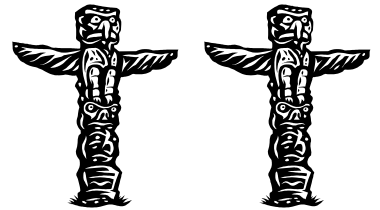
By Sarah Jayne Kendall

September 2006

Volume 8, Issue 3

Special points of interest

- Scholarship Awards
- Flower Power
- Tenant Picnic



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FLOWER POWER 2006

This years Flower Power Contest once again proved to be a great success. In total there were approximately 20 properties across the GTA that participated.

The participants did not make it easy for the judges as many tenants did such a great job. The following participants are our winners along with all of those who received an honourable mention:

WINNERS

- 1st Place - Jan & Nelly Borkowski, \$200.00
- 2nd Place – Goretti Canto, \$100.00
- 3rd Place – Donelda “Winnie” Ashkewe, \$75.00



Winnie Ashkewe (above) brought home 3rd Place to Wigwamen Terrace. Congratulations Winnie!

HONOURABLE MENTIONS

Shawne Graham, Tiana Lennert, Cindy Wood, Cindy Hashie and Christie Cook. All honourable mentions received \$50.00 each.

Wigwamen Incorporated would like to thank all of the Flower Power participants and we would like to extend our gratitude for all of your efforts and hard work. New participants are encouraged to enter in next years contest.



Looking forward to FLOWER POWER 2007!

ZERO BALANCE CLUB WINNERS

Wigwamen residents who pay their rent on time have their names entered into a draw to receive a \$50.00 gift certificate good at any Dominion store. Here is a list of our most recent Zero Balance Club Winners:

- ♦ **Rita Manitowbi**
- ♦ **Eleanor St. Germaine**

CONGRATULATIONS!



\$50.00 Gift Certificate

WIGWAMEN'S 6TH ANNUAL PICNIC

Although this years picnic revolved around the weather, it did not deter the tenant turn out and the fun had by all.

For the second consecutive year Danielle Brennan was the picnic co-ordinator. Many thanks to Danielle for organizing this really wonderful event.

The first ever Scavenger Hunt went over really well. It was a great way for tenants and their children to familiarize themselves with some of the Wigwamen staff and the company history. The prize table for this event was a success with the participating children.

As always, the BINGO was the biggest hit during the festivities. Some of the many prizes included a DVD Player, a microwave, a coffee maker, children's books, Pizza Pizza gift certificates and household fixtures.

The door prize was a 20" colour TV. Congratulations to all of the lucky winners.

Thanks to our Master Chefs Terry, Peter and Brian the bar-be-que was delicious. There was plenty of food for everyone.

Winnie Ashkewe donated a beautiful Dream Catcher to be raffled off at the picnic. Thanks to everyone that bought a ticket! \$75.00 was raised and all of the proceeds are going towards the Wigwamen Terrace Christmas Party.

Wigwamen was honoured to have Donna Niven (Vice-President of the Board of Directors) present three tenants with a scholarship during the picnic. Once again, congratulations to all three recipients.

Thank you to all that attended this years picnic and our sincere gratitude is extended to Danielle, Lauren, Robby, Brett, Paul and Kadin for volunteering.

See you next year!



BINGO MANIA (above)



Wigwamen's three Scholarship Award Recipients. Pictured left to right, Vice-President Donna Niven, Jocelyne Pelletier, Marwa, and Sarah Velez.

Kids' Stuff!

TONGUE TWISTERS

Superman sent six shiny seashells soaring skyward.

Batman buttered brown bread briskly.

Hungry Hercules happily had huge hamburger helpings.

Tarzan tripped ten tubby turtles trudging towards town.

Wonder Woman wondered where weary warriors wandered.



THE MISSING LETTERS!

Drop a letter from the word on the left to get the word on the right. Write the missing letter in the middle of each word pair. Once the chart is completed, see what it says!

BEAT EAT

MANE MAN

READ RED



SHAME SAME

BEAT BAT

REAR EAR

LOOT LOT



Terrace Happenings

For the past two months Jacqueline Lavalley has facilitated a Full Moon Ceremony on the Terrace. We hope the Ceremony will continue to be held on a monthly basis as it is so enjoyable for all that attend.

If you have never been to a Full Moon Ceremony and would like to attend please feel free to attend and bring along a light snack to share with the other women. It is a very warm and welcoming atmosphere. Please keep your eye out for future Ceremony dates posted in the lobby.

The Seniors Social Club has organized a Casino Rama Bus Trip on October 29, 2006. The bus will be leaving from 14 Spadina Rd. at 10:30 am sharp and it will return at approximately 10:00 pm. The cost is \$10.00 per person which includes an all you can eat buffet **OR** a \$5.00 food voucher and 1000 gambling points. This is a fundraiser for the Wigwamen Terrace Social Club and ALL ARE WELCOME. Please contact Sarah Jayne at (416) 925-9165 if you are interested in purchasing a ticket.

Over the last year The Toronto Firebirds have hosted a number of fundraising Prize Raffles on the Terrace. The bingo is held in the Turner Room and has proved to be a huge success.

Currently, all of the proceeds go to the Firebirds Hockey Team. Upcoming dates to be held are on September 28, October 12 & 26, 2006. Food is also available at a very reasonable cost. Come out with your toonies and loonies for a chance to win some great prizes. If you have any questions or would like to make a donation contact Joni Shawana at (647) 686-0277.

Problems concerning parking at the Terrace have become quite a concern. Tenants and your guests to be considerate and not to park in any of the spaces at the back of the Terrace without the permission to do so from management or maintenance. The parking spaces are paid for by tenants who have applied for the space and it is an inconvenience to them when someone parks in a space without permission. From now on Wigwamen Management will have cars towed at the tenant's expense.

Wigwamen Terrace would like to welcome Nona E. to our community. We wish you many happy years here in our community.

Have a very Happy Thanksgiving everyone!



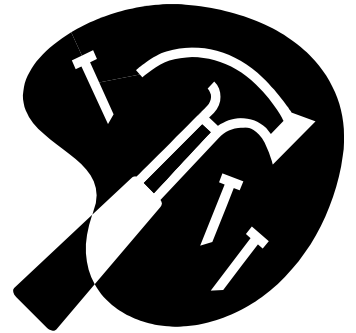
Who's Who at Wigwamen

This newsletter features Peter Neegan. Peter is Cree and is a member of the Constance Lake First Nation.

Peter joined Wigwamen in 2005 as a Maintenance Assistant. A day of work for Peter consists of completing maintenance work orders as assigned by the Maintenance Supervisor and he responds to service calls. As with other maintenance staff, Peter is also responsible for being available for emergency repair work on a rotational 24-hour, on call basis. Prior to coming to Wigwamen, Peter was employed by the Algonquin Power Nagagami as a second operator.

In his spare time, he enjoys working out, running, watching 24 and C.S.I., playing X-Box and most importantly spending time with his wife and young son.

Peter's easy going and professional nature has proved to be an asset to Wigwamen. It's a pleasure working with you Peter.



Maintenance Corner

By Brian Taheny

Are you having problems with your toilet?

Toilets are designed and built to get rid of waste – both solid and liquid – and that's why we love them. Sometimes, though, we give them more solid than they can handle at once. When that happens, we have to fix the problem or find another way to get rid of the waste. If the problem with your toilet is that it has stopped draining, and is filling up and threatening to overflow, here's what you need to know to get it flowing again. Three methods of unclogging a plugged toilet are popularly recommended.



I suggest you start with the plunger. If that doesn't work, try the plunger again. If that still didn't work, you should try the plunger one more time. If still no luck, then you need to get some unclogging liquid like Drano or Mr. Plumber. Add this and let it sit for awhile or overnight.

If this doesn't work then call the Wigwamen Maintenance Line for help. If our Maintenance Staff has no luck than we will call out the plumbers. If during their visit they discover that the problem blockage was caused by a toy or ball etc., the tenant will be charged for the call. So, make sure you have a plunger. They only cost a few dollars at the local hardware store and go a long way in unclogging those smelly problems. Also, talk to the kids about keeping toys away from toilet.

Terrace Kitchen

Pumpkin Cheesecake

Crust

- ◆ 1 1/2 cups graham cracker crumbs
- ◆ 3 tablespoons sugar
- ◆ 3 tablespoons melted butter
- ◆ 1/2 teaspoon cinnamon

Filling

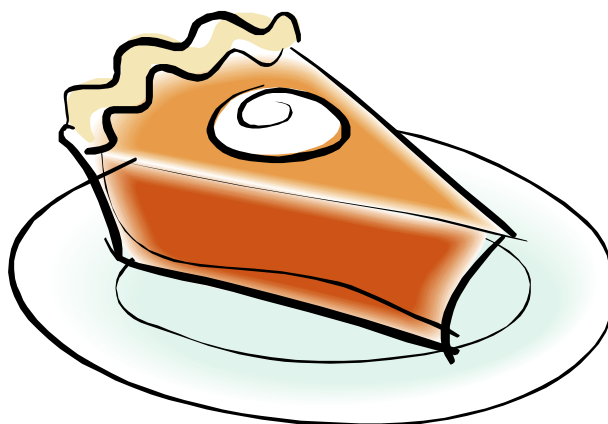
- ◆ 2 (8 ounces each) packages cream cheese, softened
- ◆ 1 cup half-and-half or whipping cream
- ◆ 1 cup canned pumpkin
- ◆ 3/4 cup granulated sugar
- ◆ 4 eggs, separated
- ◆ 3 tablespoons all-purpose flour
- ◆ 1 teaspoon vanilla extract
- ◆ 1 teaspoon ground cinnamon
- ◆ 1/2 teaspoon ground ginger
- ◆ 1/4 teaspoon ground nutmeg

Topping

- ◆ 1 cup sour cream
- ◆ 2 tablespoons sugar
- ◆ 1/2 teaspoon vanilla extract

Preparation

- ◆ Combine crust ingredients; press into bottoms and about 2 inches up the sides of a 9-inch springform pan. Bake at 325° for 5 minutes.
- ◆ In a large mixing bowl, combine cream cheese with cream, pumpkin, sugar, egg yolks, flour, 1 teaspoon vanilla, spices, and salt.
- ◆ Beat until smooth. Beat egg whites until stiff; fold into the pumpkin mixture. Spoon batter into crust. Bake at 325° for 1 hour.
- ◆ Combine topping ingredients; spread over cheesecake and bake 5 minutes longer. Chill thoroughly before serving, and store leftovers in the refrigerator.



CORN MUFFINS

- ◆ 1 1/2 cups sifted flour
- ◆ 2 1/4 teaspoons baking powder
- ◆ 3/4 teaspoon salt
- ◆ 2 tablespoons sugar
- ◆ 3/4 cup cornmeal
- ◆ 2 eggs well beaten
- ◆ 1 cup of milk
- ◆ 1/4 cup of melted butter



Preparation

- ◆ Sift flour then measure; add baking powder, salt and sugar, then sift again. Add cornmeal and mix well.
- ◆ Combine eggs, milk, and melted butter; add to the flour mixture, blending just until ingredients are moist. Bake in greased muffin cups at 425° for about 25 minutes. Makes about 12 corn muffins.
- ◆ Best served warm with butter.

1st Annual 20 Sewells Road Tenant BBQ

Saturday, August 12th was the day that the 20 Sewells Road tenants and staff held their very first BBQ together. In what promises to be the beginning of a very long-term engagement, the turnout was excellent and the weather was absolutely perfect. The food was plentiful and tasted great. The atmosphere was electric as the children were abuzz with excitement.

The BBQ was the first test for the brand new Wigwamen BBQ as well. It had just been purchased prior to the event and never used before. It was fresh from the factory; all clean and shiny. It worked extremely well on its maiden outing.

One of the most significant things that came out of the BBQ was the excellent involvement of the tenants from the moment things got started that morning. Tenants jumped in and offered to help out with the cooking, restocking supplies, as well as, with the clean-up afterward. It was great. Without a doubt, the 1st Annual 20 Sewells Road Tenant BBQ was a huge success.

By Warren Canney



Native Housing for Seniors

Wigwamen Terrace is currently accepting applications for 1-bedroom apartments with rent subsidy.

Wigwamen Terrace is located at 14 Spadina Road at Bloor and Spadina (next door to the Native Canadian Centre of Toronto).

Applicants must be:

Aboriginal (First Nations, Métis or Inuit)

59 years or older

Able to live independently

To inquire further or obtain an application, call
(416) 925-9165 or (416) 481-4451.

A Housing Project For Native People

YOU "HOUSE TO HOUSE" NEWS

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The Legend of the Sky Sisters

A Traditional Iroquoian Legend

Many moons ago, the Native people of this land were starving. The reason was not only lack of food but also because they could not work together for the little food that was available. Brothers would argue and steal from one another in order to provide for their own families. They would cheat, ignore one another's pain and refuse to help in times of danger.

Three Sky Sisters came down to live amongst the people. The first Sister's name was Corn. She stood tall and straight in the fields around the village, but the hot sun dried her feet and made her suffer. In addition to that, the earth grew less nourishing each year she stood there.

Her Sister, Squash, laid herself at Corn's feet and protected her Sister by keeping the soil cool and moist. It was difficult, however for Squash to receive any moisture. Corn's straight leaves caught the rain and funnelled the rainfall to the centre for her to drink. In order to help her Sister Squash, Corn relaxed the ends of her leaves to allow a portion of the rain to fall to the ground.

The third Sister, Bean, was so weak and thin that she could not support herself, at all. She could do something very special, however. She could make her own nourishment in the soil, and this food became valuable for all three of the Sisters. Corn stood tall and allowed Bean to grow up towards the sun. Soon, all three of the Sisters were growing strongly.

The people of the village saw that it was good. Not only did they have plenty of food because Corn, Bean and Squash were growing so strongly, but they also saw what it meant to work together. When each sister helped the others, the weakness of each was no longer important. The people recognized that this was a necessary lesson for them.

To this day, the Native people of this land place the seeds of the corn, squash and bean together in the same soil, remembering the lesson that the Sky Sisters brought to the earth.

