



# Wigwam to Wigwam

"YOUR HOUSE TO HOUSE NEWS"

## The Canadian Aboriginal Festival



The Canadian Aboriginal Festival is a multi-faceted event. It is Canada's largest Aboriginal festival and one of Toronto's most successful festivals. It is an exciting and welcoming event for everyone.

The festival is a unique opportunity for everyone to share and learn about North America's Aboriginal peoples. The key events include a Pow Wow, the Canadian Aboriginal Music Awards, an Education Day, a Market Place, an Economic Conference, a Fashion Show, a Lacrosse Competition, Performing Arts and Traditional Teachings.

Call 519-751-0040 or email: [info@canab.com](mailto:info@canab.com)

October 2007  
Newsletter



Canadian Aboriginal  
Festival

November 30th,  
December 1st and 2nd  
Rogers Centre  
<http://www.canab.com>



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# Tenant Relations Officer Report

By Jodi Hetherington

## Income Tax Rent Receipt

It's that time of the year again when tenants will be filing their income tax returns. You will need a letter from Wigwamen stating how much rent you have paid for the year 2007.

Wigwamen's office will be receiving many requests and we would like to complete your receipts in a timely manner.

We have received requests for rent receipts from tenants wanting their receipt completed the same day. Unfortunately, we are not able to do it in such a short time frame. We are asking that you give us one week notice to prepare your rent receipt.



## Annual Rent Review

Once a year you are sent an annual rent review package which consists of various forms. Each person in your household, who is 16 years old and over must complete and sign these forms, even if they do not have an income.

You must attach proof of income for everyone who has one. The package includes a list of some possible sources of income and a list of the documents that you should provide.

It is very important that you return your annual rent review package by the deadline stated. If you do not fill it out by the deadline, you will lose your subsidy and you will have to start paying market rent for your unit.

Some of you might find the forms difficult to fill out. If you have any questions or need help filling out the forms, please feel free to call me at 416-481-4451 ext. 22.

Thank you.

Jodi Hetherington



## The Legend of the Dream Catcher

"A spider was quietly spinning his web in his own space. It was beside the sleeping space of Nokomis, the grandmother.

Each day, Nokomis watched the spider at work, quietly spinning away. One day as she was watching him, her grandson came in. "Nokomis-iya!" he shouted, glancing at the spider. He stomped over to the spider, picked up a shoe and went to hit it.

"No-keegwa," the old lady whispered, "don't hurt him."

"Nokomis, why do you protect the spider?" asked the little boy. The old lady smiled, but did not answer.

When the boy left, the spider went to the old woman and thanked her for saving his life. He said to her, "For many days you have watched me spin and weave my web. You have admired my work. In return for saving my life, I will give you a gift."

He smiled his special spider smile and moved away, spinning as he went. Soon the moon glistened on a magical silvery web moving gently in the window. "See how I spin?" he said. "See and learn, for each web will snare bad dreams. Only good dreams will go through the small hole. This is my gift to you. Use it so that only good dreams will be remembered. The bad dreams will become hopelessly entangled in the web."



This intricate and beautiful Dream Catcher hangs above one of the large windows in my office at Wigwamen Waabnong. It was created by one of our tenants, Flora 'Flo' Vaughn-Dempsey. I am forever getting compliments on how fabulous it looks.



Artwork By Eden Armstrong

[Wigwamen Waabnong tenant]



# Wigwamen Waabnong Update

By Warren Canney

## AN AMAZING, BUT TRUE, STORY

People were shocked and amazed to find out that Terry Maki was the winner of the most recent 50/50 draw at Wigwamen Waabnong. This was Terry's second big win in the draw.

In the February 2007 edition of this newsletter, it was reported that Terry won \$90 in the 50/50 draw. As if that wasn't enough, Terry took home a prize of \$79.50 from the joint August/September draw.

Terry is a well-liked and very respected tenant in the building and throughout the Aboriginal community in Toronto. Congratulations, Terry.



## CHILDREN'S ART ON DISPLAY

I, as a resident of 20 Sewells Road, would like to thank all of the children for sharing their thoughts and imagination with us.

When I get off the elevator and enter that beautiful world of imagination that you, as children, have chosen to share with us brings us back to our youth.

Again, I just want to thank you for bringing joy into a sometimes weary mind.

Your pictures are a gift that everyone can feel.

Bless you all.

Wayne Porte

[Re: pictures recently placed in the lobby of the building]

## MULTICULTURAL ARTS AND CRAFTS GROUP

This family-oriented activity is back in operation now that summer has come to an end. The Multicultural Arts and Crafts group (MAC) meets in the large Community Room, on the first floor of the building, every Thursday evening between 6:30 and 8:00 pm. All tenants are welcome to attend and take part in the activities.

SEE YOU THERE!!!





## The Gift Of Corn: From The Lakota Sioux

Alone in a deep forest, far from the village of his people, lived a hermit. His tent was made of buffalo skins, and his robe was made of deerskin. Far from the haunts of any human being, this old hermit was content to spend his many years.

All day long, he wandered through the forest, studying the different plants and collecting roots. The roots he used as food and as medicine. At long intervals, some warriors would arrive at his tent and get medicinal roots from him for the tribe. The old hermit's medicine was considered far superior to all others.

One day, after a long ramble in the woods, the hermit came home so tired that, immediately after eating, he lay down on his bed. Just as he was dozing off to sleep, he felt something rub against his feet. Awakening with a start, he noticed a dark object. It extended an arm toward him. In its hand was a flint-pointed arrow.

"This must be a spirit," thought the hermit, "for there is no human being here but me."

A voice then said, "Hermit, I have come to invite you to my home."

"I will come," the old hermit replied. So he arose, wrapped his robe around him, and started toward the voice.

Outside his door, he looked around, but he could see no sign of the dark object.

"Whatever you are, or wherever you be," said the hermit, "wait for me. I do not know where to go to find your house."

He received no answer, nor did he hear any sound of someone walking through the brush. Reentering his tent, he lay down and was soon fast asleep.

The next night he again heard the voice say, "Hermit, I have come to invite you to my home." The hermit walked out of his tent to find the person with that voice, but again he found no one. This time he was angry, because he thought that someone was making sport of him. He determined to find out who was disturbing his night's rest.

The next evening he cut a hole in the tent large enough to stick an arrow through. Then he stood by the door, watching. Soon the dark object came, stopped outside the door, and said, "Grandfather, I came to--" But he never finished his sentence. The old hermit had shot his arrow. He heard it strike something that produced a sound as though he had shot into a sack of pebbles.

Early the next morning the hermit went out and looked at the spot near where he thought his arrow had struck some object. There on the ground lay a little heap of corn, and from this little heap a small line of corn lay scattered along a path. The old hermit followed this path into the woods.

When he reached a small mound, the trail ended. At its end was a large circle from which the grass had been scraped off clean.

"The corn trail stops at the edge of this circle," the old man said to himself. "So this must be the home of whatever invited me."

He took his big bone axe and knife and proceeded to dig down into the centre of the circle. When he got as far down as he could reach, he came to a sack of dried meat. Next, he found a sack of turnips, then a sack of dried cherries, and then a sack of corn.

Last of all was another sack, empty except for one cup of corn. In the other corner was a hole where the hermit's arrow had pierced the sack. From this hole the corn had been scattered along the trail, which had guided the old man to the hiding place.

From this experience the hermit taught his people how to keep their provisions while they were travelling.

"Dig a pit," he explained to them, "put your provisions into it, and cover them with earth."

By this method, the Sioux used to keep provisions all summer. When fall came, they would return to their hiding place. When they opened it, they would find all their provisions as fresh as they were the day they had been placed there.

The people thanked the old hermit for his discovery of this method of preserving their food. And they thanked him for his discovery of corn, the first they had seen. It became one of the most important foods the Indians knew.



## WHAT MAKES 'SUPERFOOD' SUPER?

### ANTHOCYANINS

Found in elderberries, black currants, bilberries and red grapes. Known to be high in antioxidants, which help in the fight against diseases associated with aging.



### ALPHA + BETA CAROTENES

Found in orange and green fruits and vegetables such as carrots, pumpkin, sweet potatoes and spinach. Known as provitamin A carotenoids, they can be converted by the body to vitamin A—essential for growth, immune system function, and vision.

### LYCOPENE

Found in red fruits and vegetables such as tomatoes, watermelons and pink grapefruits. One of the most potent antioxidants among natural pigments, lycopene is associated with a decreased risk of cancer and cardiovascular disease.



### FOLATE

Found in beans, dried peas, liver and dark green leafy vegetables. This B vitamin is believed to keep heart and blood vessels healthy and to aid in tissue growth and the production of red and white blood cells.

### LUTEIN

Found in dark green vegetables such as spinach, kale, collard and broccoli. A natural pigment, it's an important antioxidant that helps maintain healthy eyes.



### PHYTOSTEROLS

Found in all plant foods, with the highest concentrations in nuts, seeds, whole grains, legumes and olive oils. There is increasing evidence that phytosterols can improve good cholesterol and reduce the risk of cardiovascular disease.

### OMEGA 3—FATTY ACIDS

Found in salmon, sardines, mackerel, trout and herring, as well as ground flaxseed and non-hydrogenated soybean and canola oils. These 'good fats' are known to improve mental function and reduce the risk of heart disease.



### FLAVONOIDS

Found in citrus fruit, tea, wine, onions, kale, broccoli, hot peppers and spinach. High in antioxidants and known to fight diseases associated with aging, they are also linked with decreased risk of cancer and heart disease.



# NORTH AMERICAN TRIBES



APACHE  
 ARAPAHO  
 BLACKFEET  
 CHEROKEE  
 CHINOOK  
 CHOCTAW  
 CREE

CROW  
 HURON  
 IROQUOIS  
 MOHAWK  
 MOHICAN  
 PAWNEE  
 PUEBLO

SEMINOLE  
 SENECA  
 SHAWNEE  
 SHOSHONE  
 SIOUX  
 TETON  
 WICHITA  
 WYANDOT

F	D	C	F	N	W	A	S	D	R	C	A	X
R	C	Y	M	C	M	V	C	J	H	P	B	Y
S	S	H	O	S	H	O	N	E	A	X	G	S
T	F	C	Z	K	I	I	R	W	N	K	H	V
M	E	T	R	E	L	O	N	I	M	E	S	Y
X	K	T	E	E	K	E	U	O	F	I	S	I
E	W	E	O	E	E	S	H	Q	O	P	B	N
E	A	K	E	N	F	I	Y	U	O	K	A	I
N	H	H	B	W	C	K	X	A	I	R	T	L
T	O	D	N	A	Y	W	C	R	O	W	I	R
S	M	I	N	H	P	W	J	A	Q	E	H	C
W	N	E	U	S	I	A	X	P	L	T	C	I
Q	G	R	L	U	H	H	C	A	G	B	I	S
K	O	R	W	A	T	C	O	H	C	J	W	R
N	H	M	P	U	E	B	L	O	E	Q	N	J



**NOW**

**RECRUITING!**

## **CARPENTRY PRE-APPRENTICESHIP TRAINING PROGRAM**

**Miziwe Biik Aboriginal Employment & Training  
In Partnership with George Brown College**

This 31-week Carpentry Pre-Apprenticeship Program will provide Aboriginal candidates with academic testing, upgrading and Level 1 Carpentry Training – Small Building Framing Module, for registration and employment as General Carpenter Apprentices.

Information sessions are being held at Aboriginal agencies across the GTA in September. Candidate selection will begin immediately, contingent upon funding from the Ministry of Training, Colleges and Universities. No experience required. Women are especially encouraged to apply.

Staff from Miziwe Biik will do candidate selection, with input by George Brown College representatives and/or construction employers. There are 38 seats available, with at least 15 being set aside for those between 18 and 29. Participants who do not have Grade 10 level education (English and Math) will be provided with upgrading through George Brown College. Training allowances may be available to those who qualify.

### Information Session Schedule:

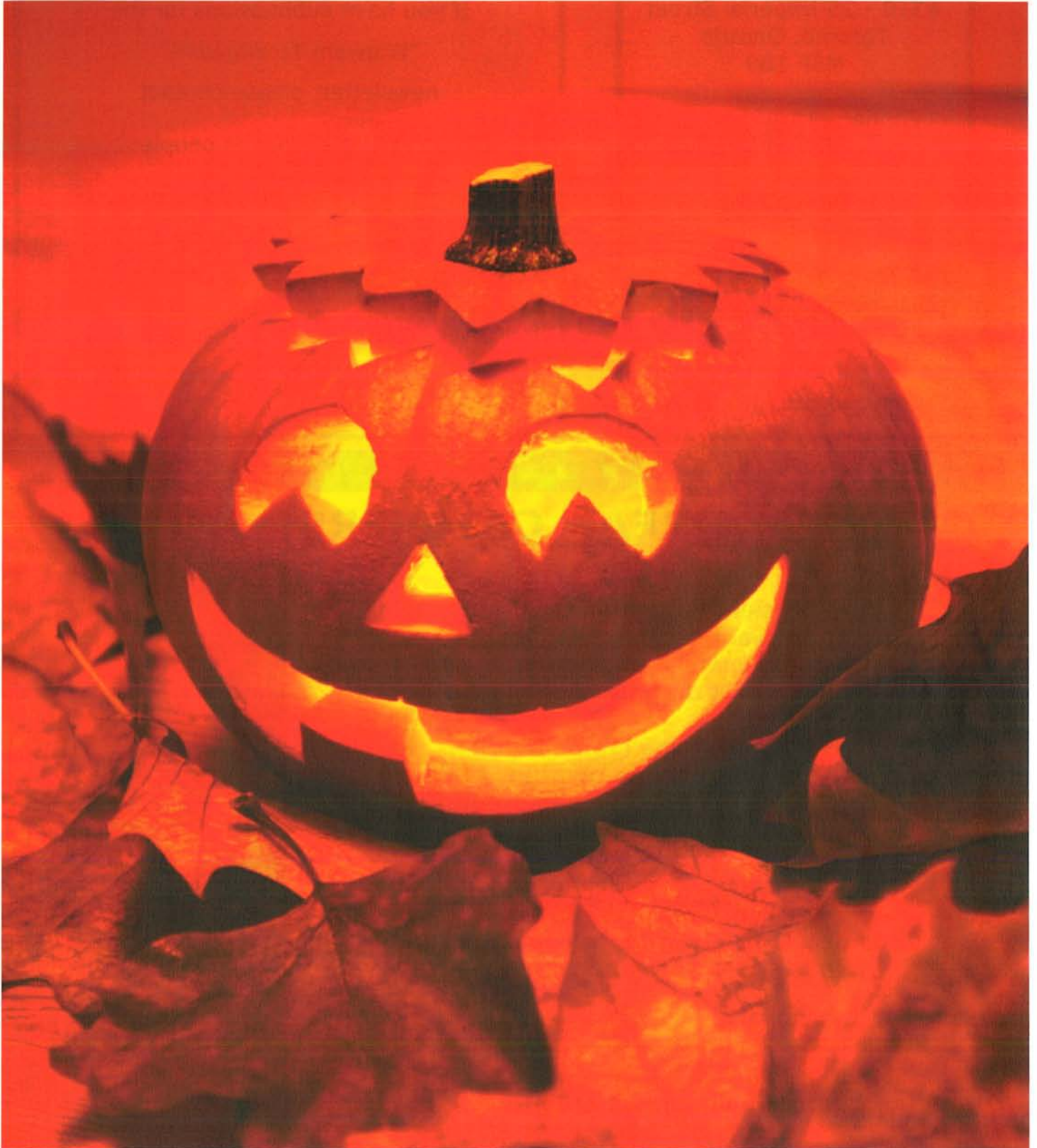
10:30 - Thursday, October 25, 2007 at Miziwe Biik Aboriginal Employment and Training.  
Lunch to follow. Call to book your spot.

November 5<sup>th</sup> start date: Call now!

[Call us if you are reading this after the start date. You may still qualify]

**For more information, contact Cynthia Bird, Job Coach, 416-591-0746, or visit  
[www.miziwebiik.com](http://www.miziwebiik.com)**

# Halloween—October 31st . . . Are You Ready???



**"YOUR HOUSE TO HOUSE NEWS"**

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**DREAM CATCHERS**

**An ancient Chippewa tradition  
The dream net has been made  
For many generations  
Where spirit dreams have played**

**Hung above the cradle board  
Or in the lodge up high  
The dream net catches bad dreams  
While good dreams slip on by**

**Bad dreams become entangled  
Among the sinew thread  
Good dreams slip through the center hole  
While you dream upon your bed**

**This is an ancient legend  
Since dreams will never cease  
Hang this dream net above your bed  
Dream on and be at Peace**

