

# Wigwam to Wigwam

Your "House to House" News

## National Aboriginal Day – June 21st

As many of you already know, June 21st is National Aboriginal Day in Canada—a day to honour First Nations, Inuit and Metis people and cultures, and to recognize the many contributions of Aboriginal people and nations throughout Canada. During a ceremony at Rideau Hall, former Governor General Romeo Leblanc officially declared June 21st to be National Aboriginal Day in the spring of 1996.

Aboriginal people and nations have long been celebrating the summer solstice on June 21, and many had also marked that day as a time to celebrate their heritage. In 1982, the National Indian Brotherhood (which is now known as the Assembly of First Nations) adopted a resolution calling for the designation of June 21st as

“National Aboriginal Solidarity Day.”

Five years after this resolution, Elijah Harper hosted the Sacred Assembly, a national conference for both Aboriginal and non-Aboriginal people. Delegates at the meeting called for a national holiday to celebrate the contributions of Aboriginal people. Following consultations with Aboriginal groups, the Federal Government officially designated June 21st as the day for that celebration.

There is much to celebrate on National Aboriginal Day and events will be happening in every region across the country. For a list of happenings in Toronto during the month of June, please see page 10 of this month’s edition of Wigwam to Wigwam!

*Adene Kuchera*

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# General Manager's Report

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## STAFF CHANGES AT WIGWAMEN:

It's a time of change at Wigwamen again, with a retirement, two new faces, and more to come...

### Mel Dokis retires from Wigwamen:

Most of you will, at one time or another, have had occasion to interact with Wigwamen's Maintenance Manager, Mel Dokis.

Mel's first connection with Wigwamen was as a member of our Board of Directors on which he served between 1976 and 1987.

After a 5 year break from Wigwamen, Mel returned to the fold in 1993 as its Maintenance Co-ordinator.

Promoted later to Maintenance Manager, Mel was responsible for many tasks including supervision of maintenance staff; ensuring that a preventative maintenance program was in place; co-ordinating home inspections and the tendering process; and preparing and monitoring the maintenance and replacement reserve budgets.

In May of this year, after a relationship with Wigwamen which spanned a quarter of a century, Mel Dokis retired.

Mel Dokis made a significant contribution to Wigwamen, and it was my pleasure to have been associated with him for the past three and a half years. I know that I speak for all of us - the Board, the staff, and the tenants of Wigwamen - when I wish him all the best in his retirement!

Wigwamen is currently in the process of hiring a new Maintenance Manager. Watch this column, and our web site at [www.wigwamen.com](http://www.wigwamen.com) for further updates...

### Two New Administrative Staff Hired:

As you may recall, in April of this year, our Administrative Assistant, Ramona Toulouse, was promoted to the position of Aboriginal Housing Support Centre Counsellor.

In her place we have now hired not one, but two new staff...Janice Bebonang will be the new friendly face you'll see at the front desk, while Sarah Howden will labour in the back offices. Watch future editions of the newsletter for more information on them both!

## Lease Excerpts

With the warm weather approaching, we review the electrical section of your lease agreement with respect to Wigwamen's policy concerning the installation and use of air conditioners in your unit.

In Section 9 c) of the Rules and Regulations of your lease, the following is stated:

No air conditioning unit shall be installed in the premises without prior written approval of the Landlord and unless the following conditions are complied with:

1. The unit is suitable having regard to its voltage and amperage and the electrical characteristics of the building and premises.
2. The unit is to be installed by a proficient person or company, in the wall panels (where provided). Where such panel is provided the unit may not be installed in any window in the premises.
3. The unit does not disturb or annoy other tenants.
4. The unit is removed and the premises are restored to their original condition at the end of tenancy.
5. Where electricity is included in the rent, a surcharge for the increase in hydro consumption due to the installation of an air conditioner be paid to the Landlord each season prior to the operation of the unit. These rates may be increased from time to time at the discretion of the Landlord.

Remember, your first step is to obtain **written permission** from Wigwamen Incorporated to install an air conditioner in your unit!

## In Our Community

### “It Starts with Me” Presentations

This series of presentations by the Native Women's Resource Centre has been developed for Native women who are seeking inspiration and courage on how to achieve their personal dreams for success and fulfillment. Women who dream of escaping poverty, low self-esteem and oppression may discover that their biggest enemy is themselves.

Find out how other women think and feel, and about what they do, by coming out to this series of presentations. The speakers for June include:

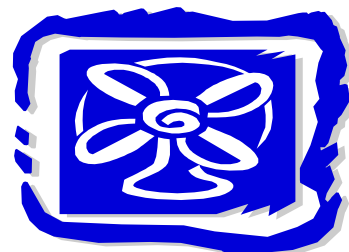
**Lorre Jensen - Tuesday, June 12**  
**Amber Williams - Tuesday, June 19**  
**Nada Wagner - Tuesday, June 26**

All the presentations are **free** (registration is required) and each evening the schedule will be as follows:

**6:00 - 7:00 p.m.** Light dinner  
**7:00 - 8:30 p.m.** Presentation  
**8:30 - 9:00 p.m.** Tea, dessert,  
discussion & door prizes.

For more information, or to register for the presentations, call the Native Women's Resource Centre at 416-963-9963

Childcare and tokens are available!



## Household Hints

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### Basic Wood Floor Care and Cleaning

First of all, sweep and/or vacuum regularly and often to keep dirt from grinding into the floor finish or sticking to it. If there is a spill, wipe it up immediately. A damp (not wet) cloth may be used on a well-sealed wood floor to wipe up spills or mud.

If a spill occurs, wipe it dry

with cloth or paper towel. Clean the floor if necessary with a solvent-based liquid wax for wood. Be sure to follow the directions on the container. The solvent will remove dirt and old wax and will leave a thin wax coating which must be buffed.

You can apply the solvent with:

1. A dry cloth, rubbing floor and refolding the clean part of cloth as dirt

is taken up.

2. A cloth over a long-handled wax applicator.
3. An electric floor polisher, which can be rented at many supermarkets.

Finally, buff the wax left on floor. Do so immediately if you are doing it by hand, or after 20-30 minutes if you are using an electric polisher.

*Source: [www.doityourself.com](http://www.doityourself.com)*

## Anishnawbek History

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### The Origin of the Jingle Dress

The story of the origin of the jingle dress has been passed down from generation to generation. It originally came as a vision.

An elderly man had a daughter who was very sick. He prayed and offered tobacco to the Creator for his daughter to get well. A vision came to him to make his daughter a dress.

The dress was to be made out of jingles and his daughter was to wear this dress to make herself well.

This story originated with the Ojibway tribe of the Lake of the Woods area. The old man's experience is called "Odiizeoon," referring to something given through a vision for a particular person from the Spirit World. The community was instructed to prepare a feast for the dress to give thanks to the Creator.

The jingle dress is held in very high regard by the Ojibway. It is sacred because of its origins and the purpose it was given. It is to be treated with respect.

*Source: [www.aboriginalcollections.ic.gc.ca](http://www.aboriginalcollections.ic.gc.ca)*

# Zero Balance Club Honour Roll

*Congratulations to our newest winners:*

*Hella Von Dehn & Sheila Wyldes*

*All of the tenants listed below belong to the Zero Balance Club. They are all winners of the Zero Balance Monthly Draw and each have received a \$50.00 gift certificate!*

*Nicole Young, Gary & Theresa McKay, Ines Alvis & Isa Askarizadeh, Suzette Darby, Tina Neshkawa, Cindy Jacko, Daisy Hahnfeld, Paul Kornidesz, Samantha Cote, Judy Miller, Myrtle York, Ida Shaggi-Jawan, Evelyn Letourneau, Ken King, Colbertha Robinson, Valerie Maracle, Sandra Neshkawa, Mary Howk, Elizabeth Wemigwans, Kathrena Green, Josephine Millette, Gail Thomas, Fred & Olive Wesley, Edith & Alex MacInnis.*

*We salute all of the participants for being such*

*responsible Wigwamen tenants!*

## Tenant Counsellor's Corner

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### Suggestions to Help Keep Roaches And Other Pests Out of Your Home!

1. All empty food containers, such as jam jars, bottles, cans and milk cartons should be rinsed clean before being put into garbage or recycling bins.
2. All empty food packages, such as boxes and bags from cookies, cake mixes and cereals should be emptied completely and the crumbs washed out, before disposing of them.
3. All garbage bags should be sealed effectively so that contents will not spill when they are put into garbage disposal containers.
4. Boxes obtained from any food establishment should not be brought into the building without very close inspection of them to ensure that no insects are being carried in at the same time!
5. Do not store old newspapers, cartons, boxes, cardboard, etc., inside the house.
6. Do not leave dirty or unwashed dishes, cooking utensils, etc. overnight. Rinse and wash promptly.
7. Do not allow dirty clothing to accumulate, especially if they are greasy. Do laundry regularly and often.
8. If you have a cat or dog, do not allow their food to remain in the feeding bowl all day. Feed your pet regularly and dispose or save any uneaten food.
9. If you have a balcony, do not put out any "food for the birds." Do not encourage birds to land or stay on your balcony or window ledges.

*Jodi Hetherington*

## Overnight Camp For Your Child

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If you are wondering if your child is ready for overnight camp, here is a quiz to help you decide. Answer each of these questions on a scale from 1 to 5, with 1 representing "never" and 5 representing "always".

- Does my child easily warm up to new situations and people?
- Does my child enjoy a wide variety of experiences?
- Does my child willingly ask adults other than me for help or assistance?
- Does my child willingly eat food other than what I cook?
- Does my child stay at Grandma's for the weekend or with friends overnight without tears and separation anxiety?
- Does my child make friends easily?
- Does my child keep track of his clothes, money, school supplies, and homework papers?

**Continued on pg. 12**



## A Meditation on Dying and Caring

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Recently, a friend told me a story about twins talking to each other in the womb. The sister said to the brother, "I believe there is life after birth." Her brother protested vehemently, "No, no, this is all there is. This is a dark and cozy place and we have nothing else to do but to cling to the cord that feeds us." The little girl insisted, "There must be something more than this dark place. There must be something else, a place with light where there is freedom to move." Still she could not convince her twin brother.

After some silence, the sister said hesitantly, "I have something else to say, and I'm afraid you won't believe it either. I think there is a mother." Her brother became furious. "A mother!" he shouted, "What are you talking about? I have never seen a mother, and

neither have you. Who put that idea in your head? As I told you, this place is all we have. Why do you always want more? This is not such a bad place, after all. We have all we need, so let's be content!"

The sister was quite overwhelmed by her brother's response and for a while didn't dare say anything more. But she couldn't let go of her thoughts, and since she had only her twin brother to speak to, she finally said, "Don't you feel these squeezes every once in awhile? They're quite unpleasant and sometimes even painful. "Yes" he answered, "What's special about that?" "Well," the sister said, "I think that these squeezes are there to get us ready for another place, much more beautiful than this, where we will see our mother face-to-face. Don't you think that's exciting?"

The brother didn't answer. He was fed up with the foolish talk of his sister and felt that the best thing would be to ignore her and hope that she would leave him alone.

This story may help us to think about death in a new way. We can live as if this life were all we had, as if death were absurd and we had better not talk about it. Or we can choose to claim our divine childhood and trust that death is the painful but blessed passage that will bring us face-to-face with our Creator.

*This story was taken from:  
Our Greatest Gift  
by Henri J.M Nouweu*

## Terrace Happenings

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The Seniors' Club will be winding down their activities for the summer break with the annual summer barbeque! We will keep you posted with more details about this event at the Terrace.

If there are any tenants interested in becoming Fire Wardens for their floor, please speak with Janet in

the Terrace Management Office.

Thanks to everyone who participated in last month's fire drill.

The Garden Club has entered their community garden into Wigwamen's Flower Power Contest. Good luck!

Please extend a warm welcome to Gerri Martin and Nancy Zehner, new Terrace Residents.

In closing, the Terrace staff would like to wish you a very safe and happy summer!

## Services for Seniors

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The Advocacy Centre for the Elderly (ACE) is a community legal clinic for people aged 60 years and older and who are eligible because of their limited incomes. Sometimes the cases taken on by the ACE can set precedents on issues of particular importance to seniors, such as long-term care, elder abuse, pensions, income maintenance, and mental competency.

The ACE may be able to provide help in dealing with government bureaucracies. Home visits may also be possible.



Unfortunately, ACE's services do not include such things as preparing wills or giving advice on estate or family law matters. However the staff there, as at any regular community legal clinic, will make every effort to refer you to someone who can help.

For more information about the ACE you can call them at (416) 598-2656, or visit them at:

*Advocacy Centre for the Elderly*

*2 Carlton Street, Suite 701*

*Toronto, Ontario,*

*M5B 1J3*

*HOURS:*

*For Legal Information:*

*Mondays, Wednesday, Fridays  
9 - 5*

*The Centre is also open:*

*Tuesdays 9-5*

*Thursdays 1-5*



### *Brussel Sprouts with Peppers and Potatoes*

- 1 tbsp. soft margarine or oil
- 1 onion, chopped
- 1 large potato, cut in small cubes
- 1 bay leaf
- 1 lb. brussel sprouts, halved if large
- 1 sweet red pepper, cut in 1/2 in. pieces
- 1/4 cup vegetable or chicken stock
- 1/4 tsp. freshly ground pepper
- 2 tbsp. chopped fresh parsley or green onions

In large skillet, melt margarine over medium heat. Cook onion, potato and bay leaf, stirring often, for 2 to 3 minutes or until onion is softened.

Add brussel sprouts, red pepper and stock; cover and cook for 8-10 minutes or until sprouts and potatoes are tender (add water if necessary to prevent scorching).

Season with pepper to taste. Serve sprinkled with parsley. Makes 6 servings.



### *Green Beans with Sautéed Mushrooms*

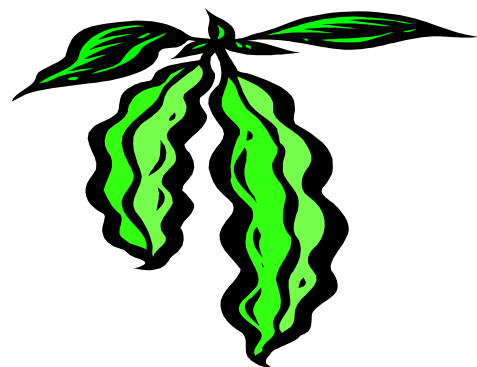
The mushrooms and herbs dress up the green beans and add extra flavor.

- 3/4 lb. green beans
- 1 tbsp. margarine
- 1 clove garlic, minced
- 2 tsp. chopped fresh basil (or 1/2 tsp dried)
- 1/4 tsp. dried rosemary, crumbled
- 8 medium mushrooms, sliced
- A dash of hot pepper sauce!

In a saucepan of boiling water, cook beans for 6 to 8 minutes or until tender crisp then drain.

Meanwhile, melt margarine in small saucepan or a microwave-safe dish. Add garlic, basil, rosemary, mushrooms and hot pepper sauce. Cook over medium heat for 3 to 4 minutes, or cover and microwave at high for 1 minute, or until mushrooms are tender.

Transfer beans to a warm serving dish. Pour mushrooms mixture over them and toss to mix. Makes 4 servings.



## National Aboriginal Day

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### *Activities in Toronto during the month of June 2001*

**Tuesday, June 12** - The Aboriginal Peacekeeping Unit (APU) of the Metropolitan Toronto Police Force is hosting an Aboriginal Awareness Day at their headquarters in downtown Toronto.

**Thursday, June 14** - Scarborough Aboriginal Awareness Day is happening at the Scarborough Civic Centre. Frances Sanderson of Nishnawbe Homes Inc. is the main contact for this event.

**Saturday, June 16** - The National Aboriginal Day Steering Committee is hosting a Family Pow Wow at Riverdale Park. The committee is comprised of members of the Metis Nation of Ontario, Aboriginal Legal Services of Toronto, the Anishnawbek Committee of the Native Canadian Centre of Toronto, the Department of Indian Affairs, the Aboriginal Policing Unit and Spirit of the People.

**Saturday, June 16** - The Native Women's Resource Centre is hosting a Community Fair & Open House. Drumming, dancing and singing are some of the highlights, as well as balloons and face painting for the kids. Also, Executive Director Gayle Mason-Stark is hosting a Corn Soup Cook-off!

**Monday, June 18** - The First Nations City Celebration Committee of the City of Toronto is hosting a four hour festival at Nathan Phillips Square. Information tables will be set up, and arts and crafts will be on display and available for sale.

**Thursday, June 21** - Toronto Council Fire Native Cultural Centre is hosting a family picnic at Cherry Beach with free hot dogs and hamburgers for everyone attending.

**June 4-15, 18-22** - The Association for Native Development in the Performing and Visual Arts will be hosting their annual Aboriginal Art Exhibit in the City Hall Rotunda at 6:00 p.m. at Nathan Phillips Square. This year's show is entitled "Neebing Nugishkiwouding".

# Happy Father's Day on June 17, 2001!

## KIDS WORD SEARCH

Find and circle these words in the puzzle.

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

**CAR**

**GIFTS**

**RESPECT**

**TOOLS**

**COOKOUTS**

**HONOUR**

**SPORTS**

**WORK**

**DADDY**

**LOVE**

**SUNDAY**

**FATHER**

**OBEY**

**TIES**

**Don't Forget!**

**Wigwamen Incorporated will be**

**CLOSED on June 21, 2001,**

**National Aboriginal Day.**

WIGWAMEN  
INCORPORATED

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Fax: 416-481-5002  
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*A Housing Project for  
Native People*

[www.wigwamen.com](http://www.wigwamen.com)

*“Overnight Camp” continued from pg. 6*

If you answered 4 or 5 to most of these questions, the likelihood is great that your child will thrive at camp. The camp experience might help your child learn to keep track of his/her things or to meet new kids more easily.

If most of your responses are 1, 2 or 3, you might think about delaying camp for a year or two.

**Pave the Way**

If you decide to send your child to camp, make sure that he or she has a realistic description of camp life. The more your child is prepared, the better. Ask straight out: “What are you going to do if you get homesick? Who will you talk to?” Reassure your child that there are camp counsellors who can help if he/she is lonely.

If your child is reluctant, don't push it. Overnight camp isn't right for every child.

*Source: [www.family.com](http://www.family.com)*