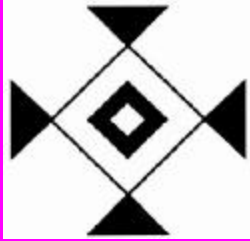


April 2002



WIGWAMEN  
INCORPORATED

# Wigwam to Wigwam

Your "House to House" News

## A Spotlight On Ontario's First Aboriginal Lieutenant-Governor

James Bartleman may be Ontario's 27<sup>th</sup> Lieutenant-Governor, but he is the 1<sup>st</sup> Lieutenant-Governor in the province who is of Aboriginal descent. A member of the Mnjikaning First Nation (also known as Rama), Bartleman grew up in Muskoka's Port Carling, the son of a Mnjikaning mother and a white father. A boy during the 1940s and 50s, he remembers other children taunting him for being a "dirty half-breed." This is something that he has never forgotten, and to this day, "a visceral hatred of racism is what animates me," he says. When Canada changed the Indian Act with Bill C-31 in 1985, no longer penalizing Aboriginal women who married non-Aboriginal men, Bartleman gained his Indian Status and band membership in Mnjikaning. Later this month, the Mnjikaning community will be honouring him at a traditional feast to celebrate his appointment as Lieutenant-Governor.

Now distinguished by such titles as "His Excellency" or "The Honourable," Bartleman was sworn in as Lieutenant-Governor on March 7, 2002, after having been appointed to the position by Prime Minister Jean Chretien earlier in the year. But this new posting is only the latest achievement in a longstanding public-service career. For 35 years, James Bartleman was a Canadian ambassador in such varied locales as Cuba, Israel, Columbia, Bangladesh, South Africa, Australia and Belgium. He forged relationships with many world leaders, including Cuban President Fidel Castro and Israeli Prime Ministers Yitzhak Rabin and Shimon Peres. He is most proud, however, about having had a hand in the smallpox inoculation of 75 million people in Bangladesh in 1972. More recently, he served as the chief foreign policy advisor for Prime Minister Chretien.

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## General Manager's Report—Wigwamen's Finances— Part 2

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Last month we examined how Wigwamen Incorporated generates its income (\$3,987,291) and examined what we spent on utilities (\$552,276.) This month we'll be looking at what Wigwamen spends in a variety of other areas.

A number of Wigwamen's expenses are simply not discretionary, which is to say that we not only have no choice about whether or not we pay them, but we also have basically no control over them.

All of our properties are mortgaged, for instance, and in our last fiscal year, \$1,221,174 was spent on mortgage payments. Property taxes have to be paid to the City of Toronto, and Wigwamen paid \$513,338 last year. We are required by our funding agencies to set aside funds each year in a separate account called a Replacement Reserve, out of which we are to pay large capital expenses (roofs, major renovations, appliances, etc.) in future years. In accordance with its agreements, Wigwamen set aside \$497,333 in Replacement Reserve funds and those monies also have to be paid out of our income.

Other expenses are somewhat more discretionary in the sense that even though they have to be paid each year, we can still search for savings. Examples of this include audit and accounting services which last year came to \$42,560 (\$134/unit); fire and other insurance coverages which last year cost us \$36,487 (\$115/unit); and legal fees which cost us a very modest \$2,901.

In terms of our search for savings, it's worth noting that Wigwamen's insurance, like that of most other non-profits, is part of a master policy secured by the Provincial Government through a competitive bidding process. As such, Wigwamen has little control over either the scope of the coverage or the cost. And while our audit and accounting fees may seem high, the audit deals with units funded under four different programs and four different reporting requirements, and fees haven't increased since 1995.

In summary then, \$2,866,069 of our income last year, or 72%, was spent on mortgage payments, utilities, property taxes, replacement reserve, audit and accounting, insurance, and legal expenses. Next month we'll take a look at how the remaining 28% of our income is spent.

### **HOME VISITS:**

Just a quick note to remind family housing tenants that Brian Tahaney and I expect to begin our latest round of home visits in April. It's helpful if your home can be as neat and tidy as possible at the time of our visit, not so much because we're concerned about the housekeeping, but because it helps us to more easily identify maintenance issues. It's also helpful to have a list of maintenance concerns available for us when we arrive. Thank you!

## Tenant Counsellor's Corner

### WORKSHOP SUGGESTIONS

Last year I organized two workshops: the first was entitled "Holistic Financial Wellness," and was facilitated by Cathy Morningstar-Flynn; and the second was "Employment Resources," again facilitated by Morningstar-Flynn.

The responses to these workshops were very good and I would like to share a few comments that were made by the participants:

- "[I liked that] we as a group felt very comfortable;"
- "Very informative;"
- "Helped me to start thinking of setting goals;" and
- "I learned that I can get up and do something with my life."

I will be scheduling several more workshops in the upcoming months, and I would like to hear your suggestions for any topics that would be of interest to you.

All you have to do is fill out the reply form included with this edition of "Wigwam to Wigwam" and mail it back to me. A postage paid envelope has been enclosed for your convenience.

Thank you in advance for your suggestions!

*Jodi Hetherington*

## Aboriginal Lieutenant-Governor

...Continued from pg. 1

Along with the distinction of having achieved the highest rank in Canada's foreign service of any Aboriginal person, these are some of the factors that contributed to James Bartleman receiving a National Aboriginal Achievement Award in the category of Public Service in 1999. "It's the greatest honour I have ever received in my life," he said, maintaining that it gave him a real sense of belonging to the community of his roots.

Today however, at the age of 62, he's ready for his new job as Lieutenant-Governor. Being the Queen's representative for the Province of Ontario is mostly a symbolic posting. This means that besides authorizing Parliamentary bills (and thereby making them law) and approving Cabinet decisions and appointments, Bartleman will have such public responsibilities as officially welcoming the Queen or other royalty, as well as other visiting world leaders and representatives to Ontario. He will also present orders, decorations, medals and honours to outstanding Ontarians and attend hundreds of events organized by community, educational, volunteer and other groups across the province. Two years ago, he was severely beaten in a hotel room in South Africa, and although it did not take long for the physical injuries to heal, he experienced a deep, post-traumatic depression. It is because of this experience that he would like to make mental health issues in Ontario a priority during his five-year term. Aboriginal issues will also feature prominently in his work. Among other things, being the first Aboriginal Lieutenant-Governor, Bartleman is hoping that he can serve as a role model to young Aboriginal people.

*Adene Kuchera*

*(with files from the Toronto Star, March 7, 2002)*

# Knowing Your Maintenance: House Humidity

## Some straight-forward facts about humidity:

Humidity is the amount of moisture or water vapour in the air. You, your family, and your pets produce moisture when you breathe or perspire. Even your indoor plants produce moisture. We also add water vapour to indoor air through routine household activities: cooking, showering, bathing, dishwashing, and doing laundry. And more moisture can enter your home from the soil surrounding a basement or crawlspace.

## When is humidity a problem?

We need humidity for our comfort and health. But too much or too little can produce a host of difficulties for householders. Some of the problems are no more than nuisances; others could be far more serious. Many are familiar to Canadians, often occurring during the winter months when our windows are closed, and indoor air circulation and ventilation are reduced.

## Too Much Humidity Can Lead To:

- Condensation on windows
- Wet stains on walls and ceilings
- Mouldy bathroom
- Musty smells
- Allergic reactions



## Too Little Humidity Can Lead To:

- Chapped skin and lips
- Scratchy nose and throat
- Breathing problems
- Static and sparks
- Problems with electronic equipment

A small, inexpensive and easy-to-use instrument called a Hygrometer (sometimes called a humidity sensor or a relative humidity indicator) can measure the humidity level in your home and confirm whether the home has

too much or too little humidity. Remember that acceptable or comfortable humidity levels will actually vary from season to season, from house to house, and even between rooms in the same house. Once you know for sure, you can decide whether any action is required and, if so, what to do.

## Taking action:

Humidity can be controlled. If the relative humidity in your home is too high, you can reduce it; if it is too low, you can increase it.

This may require very simple changes to your family's habits, such as remembering to close doors or windows. You should also use the exhaust fans in your bathroom and kitchen to remove excess humidity.

Although they seem small, remembering to do these things can greatly increase your and your family's comfort at home.

*Brian Taheny  
(with material published by Canada  
Mortgage and Housing Corporation)*

## Terrace Community Kitchen: Breakfast Recipes

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### EGG BURRITO

2 eggs  
shredded cheddar cheese  
1 tbsp. salsa  
4-6 drops hot sauce (if desired)  
1 soft tortilla shell  
1 tbsp. butter  
bacon or sausage (optional)



In a small bowl, beat eggs well. Melt butter in a small skillet over medium low heat; tilt pan to coat. Pour eggs into skillet. Scramble eggs until done to your satisfaction.

Place scrambled eggs, shredded cheese and salsa on a tortilla shell. Top with hot sauce. Microwave on high until cheese melts, and enjoy.

Cooking time: 10 min.

Serves: 1

### BREAKFAST POPOVERS

2 large eggs (or 3 small)  
1 cup flour  
1/2 tsp. salt  
1/2 cup milk  
1/2 cup water

Preheat oven to 400 F. Coat 6-8 muffin pans with Crisco or butter if desired. (Special pop-over pans make the best, highest-rising popovers, but regular muffin pans will do.) Beat the eggs first, then sift in flour and salt. Add milk and water, and beat until smooth.

Fill each cup about 3/4 full. Bake 40 to 45 minutes. (Baking time varies, so check the popovers after 30 min to see if tops are golden brown, but not *too* browned.) Serve immediately. Recipe can be doubled. Serves 4-6

*Source: <http://family.go.com/recipes>*

## Terrace Happenings

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- The Terrace Management Office will be having a fire drill during the month of April 2002. The regularly scheduled drill has been moved ahead due to the installation of the mini-horns. The last two annual fire drills were conducted with notification, however, this time we will conduct a mock drill without any notification. This will give both you and Terrace management the opportunity to identify any problems that could occur during the drill. We have come a long way with respect to fire safety at the Terrace, but we need to do more in terms of education.
  - If you are interested in becoming a fire warden on your floor, or if you are unsure of your exit point, or if you have any questions at all about fire safety, please speak with Janet in the Terrace Management Office.
  - There will be a workshop scheduled for tenants entitled "Maintaining Good Dental Health for Seniors." It is being given by Dr. Arnie Wyngarden on April 17 at 2:00 p.m. in the Turner Room. Light refreshments will be provided.
- Please welcome two new residents to the Terrace, Mrs. Elizabeth Cada and Mrs. Gladys Ashkewe!
- In closing, we would like to wish all of the residents a very happy Easter!



# Pardons Canada

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## Criminal Records & U.S.A Entry Waivers Removed

Pardons Canada is a federal non-profit organization which assists individuals in removing a past criminal offence from public record. As a resource for over 3,500 government and community agencies, it provides free counselling and information over the telephone, e-mail, or at a walk-in centre.

Everyday approximately 250 people in Ontario are charged with a criminal offence, and over 5% of all Canadians have a criminal record. This statistic may actually be higher because a criminal record is created when a person has been charged, even if they are not convicted. Therefore, a criminal record does exist in cases of acquittals, peace bonds, absolute/conditional discharges, and withdrawn, dismissed or diversion charges.

Many people have made regrettable mistakes. Still, those who are no longer involved in criminal activity have the opportunity to make a fresh start and a positive change in their lives. Removing the stigma and shame associated with a criminal past is a vital part of developing an improved self image for future success. People often go on to become more productive, which benefits themselves, their families, and society as a whole.

Individuals with a criminal record are often at a serious disadvantage when it comes to competing for employment, career advancement, bonding, volunteer positions, apartment rental, child custody, adoption, and educational opportunities. A criminal record

impedes foreign travel, including travelling to the United States, and often prevents people from obtaining status or citizenship in Canada. Pardons Canada offers information, support and guidance. They also take all necessary steps for removing a criminal record, including: pardons, purges, file destructions, U.S.A entry waivers, and U.S.A visa waivers.

To receive additional information, please call: (416) 920-6011 ext. 755, or email: [info@pardons.org](mailto:info@pardons.org), or visit their website at: [www.pardons.org](http://www.pardons.org)

## Zero Balance Club Update..

The Zero Balance Club has been running for the past three years. It was created as an incentive for tenants in both Family Housing and at the Terrace to pay their rent in a timely manner at the beginning of every month.

If your rental payment is recorded as having been received by the 1st of the month, we enter your name into the draw. One winner is selected per month.

The winner then receives a fifty dollar gift certificate from Dominion Stores and is recognized in the "Wigwam to Wigwam" honour roll for being such a responsible tenant.

Our recent winner, Mrs. Ida Shaggi, is no stranger to the club; she first won the Zero Balance Club when the club was started. Congratulations from all of us at Wigwamen!

You can become a winner too, so please get involved by simply paying your rent at the first of the month. It's that simple!

## Household Hints: Non-Hazardous alternatives

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### **Drain de-clogging:**

**To prevent clogs:** Pour 50 ml of salt down the drain, followed by a kettle of boiling water. Repeat once or twice a week. Or, instead of salt, you could use 50 ml washing soda, or 50 ml baking soda plus 50 ml vinegar followed by a kettle of boiling water.

**Slow drains:** Pour 250 ml baking soda, 250 ml salt and

125 ml white vinegar down the drain. Cover with stopper and leave 15 minutes. Re-



move stopper and rinse with one kettle of boiling water.

**Blocked drains:** A plunger or plumber's snake can usually solve the problem. Follow up with a slow drain treatment. You may have to use the slow drain treatment more than once, but it does work. Clean drain once a week to prevent clogging.

*Source: [www.city.toronto.on.ca](http://www.city.toronto.on.ca)*

## Book Review

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### **Love Medicine**

By Louise Erdrich

The first in a series of novels by this author, *Love Medicine* tells the story of two Chipewewa families, the Kashpaws and the Lamartines, and of the tragedies and joys that both divide and unite them.

Tracking three generations of family, the story moves quickly in time, beginning with the accidental death of June Kashpaw on a cold winter's night in 1984. It then moves swiftly back in time to 1934, where the reader is introduced to the teenaged Marie Lazare, Nector Kashpaw and Lulu Nanapush, whose love triangle forms the

basis of the Kashpaw-Lamartine family feud. Finally, as the novel ends, the reader is once again returned to the present day, where the elderly Marie, Nector and Lulu, as well as their children and grandchildren, are still facing the consequences of their families' troubled history.

With the lives of these characters so intertwined, this novel can be hard to follow at times. To exacerbate this, each character uses the first person narrative to tell his or her own story, creating the effect of a series of monologues rather than that of a fluid novel. As a result, it can be difficult to recognize each of the charac-

ters out of their original context, and the reader might find him or herself constantly flipping back and forth, trying to remember who some of the characters are.

However, this particular style also enables the reader to gain an insight into the incredible depth of personality in every one of these characters. As a consequence, the reader can easily become emotionally caught up in the story's drama, and may find him or herself torn between which character to sympathise with, and which one to dislike. Suffice it to say, once started, this book is difficult to put down.

*-Melanie Brown*

# Aboriginal History

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## Petroglyphs:

### The Teaching Rocks

(Petroglyphs Provincial Park near Peterborough)

#### The Carvers:

The rock carvings at Petroglyphs Provincial Park near Peterborough are approximately 600-1100 years old and were most likely made by Algonkian speaking natives. The Algonkian linguistic group refers to a number of Native tribes who have different but related languages, some examples of which are the Algonkin, Cree, Odawa, and Ojibwa. These tribes, among others, traditionally inhabited much of the Canadian Shield region of Ontario. They were nomadic peoples who subsisted primarily by hunting, gathering and fishing. One important aspect of survival was each person's relationship to the spirit world, of which the petroglyphs may be a visual representation, for the complexity and sophistication of these carvings suggest that this site may have been visited by shamans.

#### This Site:

These petroglyphs were carved in a white crystalline

marble (metamorphosed limestone). Many Native people believe that manitous (spirits) live or dwell at unusual geological formations, like this large out-cropping of rock. Perhaps, it has been suggested, the natural crevices of rock are openings to the other worlds, and the sounds of intermittent underground streams, in the vicinity of this rock, are voices of these manitous. The petroglyphs themselves do not tell an overall story. Rather, they are symbols which reflect the culture and individuality of those who carved here over a period of time. Such a prolonged use certainly attests to the spiritual nature of this location. It is important to realize that the site and immediate area are sacred and special to many people.

#### Interpreting the Carvings:

The precise meanings of these carvings are gone with the people who made them. As a result, there are different interpretations regarding the meaning of some carvings. Interpretations at the park are based on information gathered from a variety of sources including Native people, anthropologists and historians.

Fore instance, there are a number of turtle carvings in the park. The turtle is an important animal for many Native people, as it is a symbol of patience, longevity and fertility. The small circular images around some turtles may be their eggs. In narratives of re-creation, the turtle offered its back as a place for a new world to be built.

There are also triangularly shaped objects. Some people believe that these may portray shamanistic spirits, as a triangular shape was often used by Native people to depict a body.

Many snake images can also be found at this place. For some Native people, snakes are thought to be guardians of underground springs, symbols of renewal and regeneration, and they can be allies for some shamans.

Snakes are also creatures who live in the underworld.

The turtle and snake are just two of the petroglyphs profiled. For more information on the Petroglyphs, please contact Ontario Parks.

*Source:*

*Petroglyphs: The Teaching Rocks*



## Who's Who At Wigwamen—Brian Taheny

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Wigwamen Incorporated is pleased to welcome Brian Taheny as its new Maintenance Manager. As Maintenance Manager, Brian is responsible for, among other things: supervising maintenance staff; ensuring that a comprehensive preventative maintenance program is in place; coordinating home inspections and the tendering process; and preparing and monitoring the maintenance and replacement reserve budgets. Brian is also the Maintenance Inspector for the Rural and Native Housing Program in the Peterborough area and as such he ensures regular maintenance work, coordinates emergency repairs, and prepares repair specifications and tendering contracts for vacant units.

Over the past thirteen years, Brian Taheny has worked in both public and non-profit housing management, the majority of which was with the Metropolitan Toronto Housing Authority. There, Brian gained experience in all aspects of property and maintenance management with the Authority's varied building stock. His last position at MTHA was Property Manager Large Portfolio, in which he was responsible for overseeing all management functions for more than 900 units in Toronto's west end. Prior to this, Brian worked in the private sector as General Manager of a plastics extrusion company, gaining wide experience in financial planning and budgeting, technical design, large machinery purchasing and maintenance, and personnel and client liaison.

Brian graduated from Summerhill College, Sligo, Ireland, and has received certificates in Business Studies, Electrical Engineering and Computer Aided Design. He has been in-

involved with computers for the past 25 years and has several large-scale computer installations to his credit. Born and raised in Sligo on the west coast of Ireland, Brian emigrated to Canada in 1988 with his wife and two children. All are Celtic musicians, performing as the Reid/Taheny Band all throughout Canada and the United States. They have released three CD's and have appeared on many others. Brian plays guitar, fiddle, tenor banjo, Irish Bouzouki and many other stringed instruments.

### President's Corner

On the afternoon of Wednesday February 20, 2002, the staff and Board of Wigwamen Incorporated assembled at our office to unveil a plaque honouring all of the volunteers who have served as Directors of Wigwamen over the past thirty years.

As President of Wigwamen Incorporated, I wanted to take this opportunity to thank all of the staff who worked so hard to organize the event and came out to show their support, and to all of the Directors and other special guests who were in attendance, for helping to make the afternoon so memorable.

Thank you all!

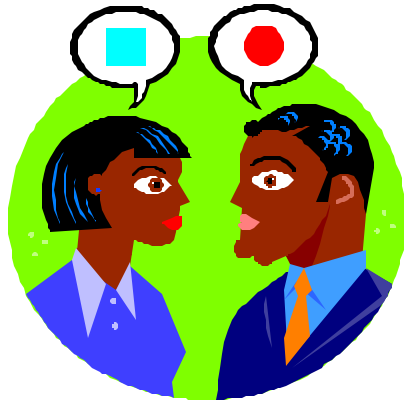
*Bill Kinoshameg,  
President*

# Community Mediation

## What is Mediation?

Having a disagreement with a neighbour can be frustrating, and can also make you stressed, afraid and angry. Furthermore, small conflicts can become big ones if they are not dealt with properly.

Mediation is a structured meeting between the people involved in the conflict. Trained volunteer mediators help you resolve your conflict in a way that is safe and fair for both sides. Though no one's rights are ignored in mediation, parties are asked to focus on understanding each other's needs and interests, rather than deciding who is right or wrong.



## Do You Have a Conflict?

Here's what happens when you call the Conflict Resolution Service:

1. A staff person will listen to your problem and explain their service.
2. If you decide that you want to try mediation, they will contact the other

party to see if they are willing.

3. If you both choose to proceed, mediators will meet with each of you privately to get more information and make sure their process will meet your needs.
4. They will then hold a mediation meeting with both of you, where you will be asked to discuss the problem through a structured process. Most conflicts are resolved in one meeting.

## Mediation Will:

- Help you explain your side of the problem, and understand the other person's point of view.
- Provide a safe place for you and the other person to talk to each other.
- Assist in writing an agreement that is acceptable to both of you.
- Serve as an alternative to the police and court system.

## Why Use Mediation?

- It's quick and flexible
- It's informal
- It's confidential
- The solution is yours
- Service is free in the downtown area
- It's effective
- Neighbours can help neighbours

## Mediation Can Help With the Following Kinds Of Situations:

- Neighbourhood conflicts
- Problems at home (family members, housemates)
- Landlord/Tenant problems (maintenance, privacy, noise)
- Personal property issues (small claims, contractors)
- Workplace conflicts
- Teen-Adult problems

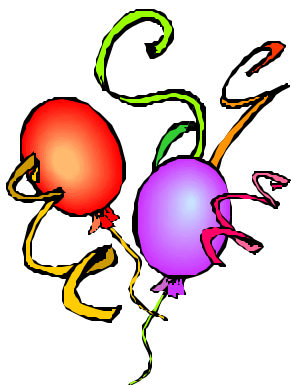
If you would like more information, please contact the Conflict Resolution Service at (416) 926-8221.

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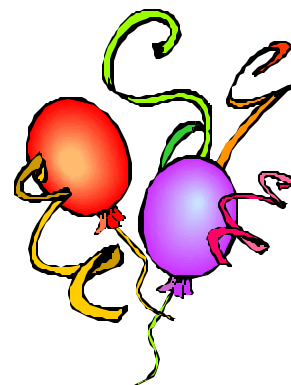
# NORTH AMERICAN INDIAN CLUB AND THE THUNDERBIRD CLUB

(Two original Community Social Clubs)

Will be holding a



## Grand Reunion Dinner & Dance



Saturday, August 31, 2002

Toronto Colony Hotel  
89 Chestnut Street  
(behind City Hall)

Reception at 6:00 pm

Buffet at 7:00 pm

Dance at 9:30 pm

Tickets are \$ 50.00 each

Tables of 8 – Cash payment of \$ 200.00 to reserve table

**Balance must be paid by Aug. 01, 2002**

### Tickets and Information

Pat Turner - 416-964-9087 or email [Pat\\_Turner@ncct.on.ca](mailto:Pat_Turner@ncct.on.ca)

Bill Kinoshameg - 705-673-1952

Donna Niven - [donnaniven@aol.com](mailto:donnaniven@aol.com)

Russel Lickers - [russ.lickers@sympatico.ca](mailto:russ.lickers@sympatico.ca)

Angus Stevens - 416-922-1242

**Note:** Rooms are available for \$ 129.00 for 1 or 2 in room.

The rooms must be reserved by the end of July.

To reserve, please call 1-800-387-8687, and mention North American Indian Club to receive discount.

## Native Zodiac Signs

**The Wolf (March 21 - April 19) - Wild and vicious or tame and friendly, the wolf is a leader.**

**The Elk (April 20 - May 20) - Strong, handsome and proud, elk people can be aggressive if angered.**

**The Eagle (May 21 - June 20) - Idealistic and strong-willed, the farsighted eagle must use his natural talents to work hard for rewards.**

**The Salmon (June 21- July 22) - Though adventurous, the salmon is home-loving.**

**The Cougar (July 23-August 22) - Cougars are proud, determined and loyal.**

**The Owl (August 23 - September 22) - Owl people are naturally intelligent, and they should use their ability to put their thoughts in writing.**

**The Dove (September 23 - October 23) - Though usually generous and peace-loving, the dove should make an effort to be assertive.**

**The Eel (October 24 -November 21) - Under their dark mysterious exterior, eel people are emotional creatures.**

**The Horse (November 22 - December 21) - Horse people are generous and kind, as well as inquisitive.**

**The Bear (December 22 - January 21) - Quiet and secretive, the bear is protective of home and family.**

**The Magpie (January 22 - February 18) - Magpie people's sociability and willingness to share will bring personal satisfaction.**

**Whale ( February 19 - March 20) - Good providers and generous with strangers.**

*Submitted by Frances Folz*

WIGWAMEN  
INCORPORATED

310-25 Imperial Street,  
Toronto, Ontario

Phone: 416-481-4451  
Fax: 416-481-5002  
Email: info@wigwamen.com

*A Housing Project for  
Native People*

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

## Terrace Community Kitchen Cooking Contest

**Just a little reminder that entry  
forms for the Terrace Community  
Kitchen Cooking Contest must be  
returned by  
Monday April 1, 2002.**