



Wigwamen Terrace Resident to Receive Honourary Doctor of Laws Degree

Truly an inspiration for Aboriginal people throughout Turtle Island, Elder Lillian McGregor will be the first Aboriginal woman in Canada to receive a Doctors of Law degree, *honoris causa*, from the University of Toronto. It will be presented to her at a ceremony on Wednesday, June 19, 2002.

Mrs. McGregor is from the Whitefish River First Nation (Birch Island) in Northern Ontario. She belongs to the Crane Clan and her spiritual name is "Shkebuk" in the Ojibway language. Lillian is a resident of Wigwamen Terrace, having retired from a distinguished career in the nursing profession in 1989.

Lillian is very active in the Aboriginal community of Toronto. Over the years she has been on the Board of Directors of the Native Canadian Centre of Toronto, Anduhyaun Inc., Native Child and Family Services of Toronto, and Anishnawbe Homes Inc. She is also a member of the Elder and Traditional Teachers' Advisory Council of the Native Canadian Centre. For her achievements, the Native community of Toronto honoured Lillian with an Eagle Feather in 1995.

Currently the Elder-in-Residence at First Nation's House, she brings her considerable wisdom and experience to the university setting. This benefits Aboriginal students as well as the larger university community, as she relates our traditions through storytelling, language study and traditional healing, and encourages students to stay with their studies.

A community celebration will take place at the Native Canadian Centre on Wednesday, June 19, 2002, at 5:00 p.m. to honour Lillian McGregor's achievements.

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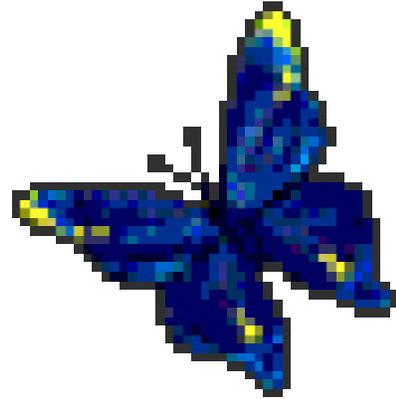
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Kids' Fun Page: Butterfly Mobile

Keeping in mind that Wigwamen has restrictions on which alterations you can make to your unit, there are many ways that you can beautifully decorate your unit while still abiding by the rules. Here's an easy and inexpensive craft that either you or your children can create to brighten up any child's bedroom.

Materials:

- Paper
- Scissors
- Coloured translucent plastic report covers
- Glue
- Pipe cleaners
- 28-gauge wire
- Fishing line
- Wire coat hanger



Step 1:

Start by drawing a butterfly wing on paper and cutting it out for a template. Place the template so that the straight edge is flush with the report cover fold, trace around it, and cut out the shape. Unfolded, the cut-out will be a whole butterfly. Use this method to make seven more.



Step 2:

Cut small translucent circles of various colours and glue two to each wing.

Step 3:

Wrap a pipe cleaner around the butterfly. Twist the ends of a piece of wire to the top and bottom of the pipe cleaner.

Step 4:

Tie a length of fishing line to the centre of the wire on each butterfly.

Step 5:

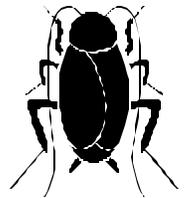
Finally, shape the coat hanger into a figure eight and tie on the butterflies so that they hang at different lengths.

Source: www.family.go.com/crafts/cutpaste/craft/flutterby

Knowing Your Maintenance: Pest Control — Part I

Farewell To Cockroaches! Getting Rid of Cockroaches, the Least Toxic Way

Nobody likes a cockroach... except maybe another cockroach, and then another and then another... The trouble is that our houses and apartments have everything that cockroaches need to survive and to multiply quickly. Cockroaches are so good at breeding that if one pregnant female gets into your home, under ideal conditions she could be the cause of 100,000 new cockroaches within a year!



Why Me?:

Anybody, no matter how neat and clean they keep things, can have cockroaches in their home. The reason is simple — it's very easy for our homes to meet the basic needs of cockroaches in terms of food, water, warmth and dark hiding places in which to live and breed.

You should not feel ashamed about getting cockroaches in your home. They can arrive in a grocery bag or a case of beverages you just brought home from the store. Or, they may enter your apartment from the one next door to yours, as apartment buildings have lots of "highways" for cockroaches to travel on. For example, they may crawl along heating ducts or water pipes. They can also fit into tiny cracks and gaps in floors, walls and doorways.

You can get cockroaches so easily... but getting rid of them can seem so hard.

What You Need to Do to Prevent Cockroach Problems:

Cockroaches can grow to become a huge population on what may seem to us like very little food and water. That's why it's so important to reduce all possible sources of food and water for cockroaches.

There are lots of "good housekeeping" habits that you can practice, whether or not you have a cockroach problem. If cockroaches later move into your home, you'll be glad that you took some steps towards preventing an infestation. The problem would be far worse if you had done nothing.

Taking preventative steps might seem like a lot of extra work for you and other people in your household. But try not to get discouraged — it really is worth the time spent now. Taking action to reduce food, water and hiding places for cockroaches will save you time and trouble later. And it could save you from possible over-exposure to the pesticides that might otherwise be needed.

In the next column we will advise you on what you can do every day and regularly to prevent cockroaches.

- Brian Taheny, Maintenance Manager
Source: www.cmhc-schl.gc.ca

Tenant Counsellor's Corner

COMMON AREAS

A reminder to all tenants that common areas such as sidewalks, entrances, passageways, stairways, elevators, garages and other areas used in common with other tenants should not be obstructed by bicycles, baby carriages, garbage or any other objects. These areas should be used by tenants only for the purpose of accessing their own rented premises.

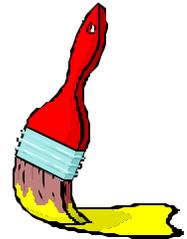


ALTERATIONS TO YOUR UNIT

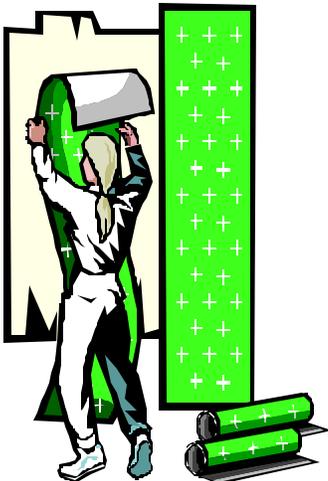
No alterations to the interior or exterior of your unit should be made without the prior written approval of Wigwamen Incorporated.

Painting:

Wigwamen Incorporated recommends that only light-coloured paint be used. I would ask that when you send in your letter requesting permission to paint, that you attach a colour swatch identifying the colour that you have chosen, and indicate the room that you would like to paint.



If you paint with a colour that was not approved, upon vacating your unit you will have to restore the colour to the original, or pay the equivalent costs that would be incurred by Wigwamen to do so (including costs for extra paint and labour).



Wallpaper and Wall Coverings:

Once again, you must send in a letter of permission to wallpaper your unit. You may use only dry, strippable wallpaper. Upon vacating, you may be requested by Wigwamen to remove the wall covering.

If you have any questions or concerns, please do not hesitate to call me.

-Jodi Hetherington, Tenant Counsellor

Terrace Community Kitchen

The month of June is Strawberry month in the Ojibway calendar. With that, we present two recipes for you and your family to enjoy!

Strawberry Cream Pie



You will need:

1 9" baked pie crust
1/4 cup almonds, slivered and toasted
2 cups fresh strawberries, halved

Cream Filling:

3 tbsp. cornstarch
1/2 tsp. salt
1/2 cup sugar
3 tbsp. flour
3 cups milk
1 egg slightly beaten
1/3 cup whipping cream, whipped
1 tsp. vanilla

Fresh Strawberry Glaze:

1/2 cup fresh strawberries
1/2 cup water
2 tsp. cornstarch
1/4 cup sugar

Directions For Cream Filling:

Mix first 4 ingredients in a saucepan. Gradually stir in milk. Stirring constantly, bring mixture to a boil. Reduce heat and stir until thick. Stir a little bit of the hot mixture into a bowl with the beaten egg then add all of it to the remaining hot mixture in the saucepan. Heat, stirring constantly until just boiled. Cool, then chill. Once chilled, stir cream filling well and fold in whipped cream and vanilla.

Directions for Pie:

Toast almonds until lightly browned, then sprinkle over the bottom of the cooled pie crust. Fill crust with chilled cream filling. Pile 2 cups of halved fresh strawberries on top.

Directions for Glaze:

In a saucepan, crush 1/2 cup berries, then add water. Cook 2 minutes. Pass mixture through a sieve. Set aside. In a bowl, mix sugar and cornstarch then gradually stir into berry juice in saucepan. Stir over low heat until thick and clear. Cool slightly. Pour over halved strawberries on pie. Keep pie refrigerated until serving time.

Strawberry Slush

Ingredients:

1 large can concentrated pineapple juice
1 pkg. Orange Kool-Aid
2 pkg. Strawberry Kool-Aid
3 cups sugar
8 cups water
4 cups Ginger Ale
1/3 cup Real Lemon juice
3 ripe bananas
4 cups strawberries

Mix first seven ingredients together. Puree strawberries and bananas in blender. Add to other ingredients. Freeze in several containers of plastic freezer bags. When ready to use, half thaw and add 7–Up, Sprite or Mountain Dew to make a slush. Guaranteed delicious!

Source: www.jamm.com/strawberry/recipes.html

Terrace Happenings

- The Terrace has recently retained the services of a landscaper called “The Grassmen,” who will be here every Thursday. They will be adding new vegetation to the Terrace grounds, including perennials, lilac trees and peonies for this year’s planting season.
- Congratulations go out to Mr. Richard Bedwash for creating the winning artwork for the poster contest commemorating the City Celebration for First Nations Day!
- The Ohahaseh Children’s Club will be sending freshly cut flowers once a week for the seniors’ enjoyment! They will be displayed in the main lobby during the summer months.
- Thank you to all the tenants for their complete co-operation during the installation of the mini-horns. It was truly appreciated by the staff of Packard Electrical and of course the staff and management of Wigwamen Terrace.
- Superintendents Norm and Frances will be conducting the annual inspections of carbon monoxide and smoke alarms detectors throughout the month of June.
- A cribbage tournament will be held at the Native Canadian Centre on Saturday June 29, 2002.
- Birthday wishes go out to Superintendent Norman Mitchell who is celebrating his big day on June 16, 2002!
- The Terrace staff would like to wish all the residents a very safe and enjoyable summer!

- Janet Esquimaux

Book Review



The Star-Man and Other Tales

By Basil H. Johnston and

Jonas George

Illustrations by Ken Syrette

The Star-Man and Other Tales is a collection of short stories that re-tell traditional Ojibway myths and legends. The storytellers are Jonas George, Basil Johnston and others, and the book was compiled by Johnston. The stories, each only several pages long, are accompanied by the colourful illustrations of Ken Syrette of Batchewana First Nation.

These stories uncover a mystical world in which animals can communicate between themselves and with humans. In addition, the reader also learns of the thunder people, sea-serpents, mermaids, and the Star-man.

This book serves as a great introduction to Ojibway storytelling, manifesting the unique style and persona that characterizes Ojibway myth. For one who is not accustomed to this style — characterized by abrupt endings — these stories may seem as if they’re incomplete, or that they lack a definitive moral or message. But at the same time, by not revealing the motivations behind the stories, this style of writing urges the reader to take a deeper look at the story, and infer the meaning for him or herself.

Just 62 pages long, *The Star Man and Other Tales* is a fast and enjoyable read, intended for children but enjoyable for adults, too.

- Melanie Brown

Aboriginal Restorative Justice

The circle forms the basis of Aboriginal culture, values and beliefs. In the Aboriginal belief system, it is understood that the circle is continuous, much like nature and the four seasons. Never-ending, it represents respect, equity and inclusion throughout a lifetime. It is also understood that Aboriginal people have known the strength of the circle and have applied it to their way of life, including their justice system.

“Restorative Justice” works to promote and to continue harmony within a community that is dealing with a crime or the occurrence of victimization. Restorative Justice is entirely based on the teachings of the circle.

The process of Restorative Justice includes use of the Sentencing Circle. Currently, the Sentencing Circle is performed in conjunction with the legal system of the country, working to promote healthier methods of healing and prevention for the victim and the victimizer.

Sentencing Circles

The Sentencing Circle works to promote healing, a process that rarely occurs within the current legal system. While the offender (also called the victimizer) is incarcerated, the victim is left in a society that was once safe and understood, but where they must deal with their current situation alone. The Sentencing Circle’s main priority is to provide the victim with the



same feeling of security and harmony that he or she had experienced prior to the event.

The participants of the circle include: the victim, his/her support worker and family; the offender, his/her support worker and family; community members; and court members such as the judge, the Crown Attorney, defence counsel, and the police.

The judge is located at the northernmost point, to the left of which sits the offender and his/her support worker. Continuing to the left is the victim and his/her support worker. The final participants — court members, Crown Attorney, the defence lawyer, and the police — close up the inner circle. The outer circle consists of the community members.

Speaking begins with the offender and progresses clockwise, ending with the presiding judge. All members of the circle have a turn to speak as the discussion goes around the circle approximately four times. During each round, different members of the circle will have an opportunity to speak to the victim, victimizer and family members of both. During the final discussion, the participants describe their expectations to the offender regarding what should be done to restore the harmony and balance between the victim and offender and others affected by the situation.

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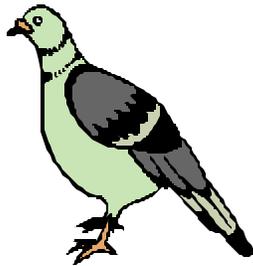
Pigeon Facts

Residents of Terrace often ask the question: “How do I keep pigeons off my balcony?” Outside of yelling and screaming (or perhaps purchasing an anti-pigeon device) here are a few suggestions.

When it comes to controlling the pigeon population, an ounce of prevention is worth a pound of cure. Pigeons and other birds settle in areas that suit their needs. Therefore, an effective program of pigeon control consists of making the designated area as uninviting as possible. For starters, don't feed the birds, and eliminate food and litter from the area. Excluding birds from an area and conditioning them to avoid the area are both effective and humane ways of dealing with a pigeon overpopulation problem.

A bird net, which is tough, light-weight webbing, can be used to seal off balconies.

Conditioning birds to avoid an area is also important and should be done as early as possible, in order to discourage them from settling in.



Recorded pigeon distress calls are available to warn birds away from an area. Loud noises, such as radios or wind chimes, are sometimes effective, as are visual deterrents such as revolving lights, mirrors, or effigies of predator birds.

When conditioning birds to avoid an area, it is important to vary the deterrents, so the pigeons do not get accustomed to the noises, mirrors, and other devices.

Poisoning pigeons is not a humane method of population control for obvious reasons. Moreover, poisoning is unlikely to have any lasting impact on the number of pigeons in a given area. The number of pigeons that occupy an area depends upon the availability of food, space, and shelter. If some pigeons die from being poisoned, more pigeons will only take their place, bringing the flock back to its original size. Any successful method of bird control must concentrate on prevention and making the locating as inhospitable as possible.

Source: <http://www.peta.org/mc/facts/fswild6.html>

Justice, cont.

To conclude the circle, the judge will make his/her final decision regarding sentencing.

Conclusion

The approach of restorative justice is one of teaching and respect. It provides the offender with an understanding of the experiences of the victim. Throughout the process, a connection is instilled in both the victim and the victimizer with the actions of the victimizer and the consequences of these on the victim and the members of his/her family. This is necessary to the learning and healing process.

The Sentencing Circle has great strength and could provide a community with a valuable tool in crime prevention. As the actions of the offender are understood, the occurrence of crime can be prevented. Based on the knowledge and understanding that the offender gathers from the circle, he/she may be less likely to commit future crimes.

- Paula Pelletier,
Aboriginal Housing Support Centre

With files from www.usask.ca/nativelaw/jah_seeds.html

Franny's Horoscopes for the Month of June

Aries (March 21—April 19) An important piece of mail will arrive on the 8th. On the 10th, counting to 10 before you speak will stop you from saying something you'll regret. Your love life will get a big boost on the 14th.

Taurus (April 20- May 20) Got something on your mind? The stars say the 8th is the perfect day to hold an important discussion. On the 10th, your financial picture will brighten. A loved one will share happy news on the 13th.

Gemini (May 21-June 21) The planets will send an energy boost your way on the 8th, allowing you to easily tackle an upcoming task. On the 10th, you'll be given another chance to make an important first impression.

Cancer (June 22-July 22) Put faith in your own judgement on the 9th; it won't steer you wrong. On the 12th, a dream job will be within reach. Improved communication on the 13th will make way for a newly romantic relationship.

Leo (July 23-August 22) On the 11th, quiet contemplation will help you solve a troublesome situation, just in time to enjoy the good times and happiness the stars are sending you on the 14th.

Virgo (August 23-September 22) On the 10th, you'll handle a workplace crisis with style and grace and your boss will owe you one. Leave your credit cards at home on the 13th;

you'll be tempted to overspend!

Libra (September 23-October 22) On the 11th, spend extra time on the details, and you'll leapfrog ahead at work. Looking for a change? The stars say the 14th is the perfect day to try a daring new hairstyle!

Scorpio (October 23–November 21) Any extra TLC you give your mate on the 8th will come right back your way. On the 10th, it's just what's needed. Carefully consider a travel opportunity on the 13th.

Sagittarius (November 22 - December 21) Concerned about a child's behaviour? Don't worry—it's just a phase. On the 10th, boldly asserting your needs will get them met. A surprise getaway on the 14th will be a romantic dream come true.

Capricorn (December 22–January 19) An excursion on the 8th will be great fun, so change your plans and go. On the 11th, listen to a co-worker's complaints, but offer no solutions. You'll avoid getting caught in the middle of an office feud.

Aquarius (January 20 -February 18) Resign yourself to the things you cannot change on the 9th, and you'll be much happier for it. New love—or a rekindling of passion—will be possible on the 14th.

Pisces (February 19 to March 20) A real estate transaction scheduled for the 9th is best postponed for a later date. Think twice before accepting a job offer on the 10th.

- Submitted by Frances Folz



National Aboriginal Day Celebration Events

June 12, 2002 — There will be a celebration at Police Headquarters with the Aboriginal Peacekeeping Unit. Opening Ceremony begins at 11:00 a.m. at 40 College St.

June 17- June 21 — “Neekawnisdok” All our Relations’ Fine Art Exhibit: A showcase of Native art from several disciplines and diverse nations, in celebration of National Aboriginal Day, will be held in the City Hall Rotunda, 100 Queen Street West.

June 18, 2002 — City Celebration at Nathan Phillips Square. Traditional drummers, Teaching Circles, dancers, and Aboriginal arts and crafts in the Square, 100 Queen Street West.

June 20, 2002 — There will be a celebration at Dodem Kanonsha at 10:00 a.m. 55 St. Clair Ave. E., 6th Floor.

June 21, 2002 — Buffalo Jump March at 10:00 a.m. at the Native Canadian Centre, 16 Spadina Road.

June 23, 2002 — Na-Me-Res Baseball tournament at Riverdale Park. First game begins at 8:00 a.m. Call 416-652-0334 to register your team.

June 23, 2002 — Sunrise Ceremony at 6:00 a.m. at the Native Men’s Residence, 14 Vaughan Road.

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*A Housing Project for
Native People*

www.wigwamen.com

Notice

**Wigwamen’s main office and
the Terrace office
will be closed for
National Aboriginal Day
on
Friday June 21, 2002.**