



Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

Wigwamen to Award Scholarship in September

February 2006

Volume 8, Issue 1

I first became involved with Native housing in 1984 with the Native People of Sudbury Development Corporation, where I had the privilege of working with some extraordinary people, including its President, Rebecca McGregor. Rebecca's a woman of considerable wisdom, and to this day, I've never forgotten the reason she gave when I asked her what drove her to devote so much of her time and energy to the provision of affordable housing.

"It's about the children, Angus. It's about their education. If we don't provide nice homes for them, how will they be able to do their homework? And if they don't do their homework, how will they do well in school?" For Rebecca, it always came down to education. That was the way to the future.

And it's with that thought — that education is the way to the future — that I am especially pleased to announce to all of our tenants that, in Sep-

tember of 2006, **Wigwamen Incorporated will be awarding a \$2,000 scholarship to one Wigwamen tenant who has been approved to enter a post-secondary educational institution (college or university).**

It's important to note that this scholarship is **open to any tenant who at the time of the awarding of the scholarship is resident in any of our family housing units, at 20 Sewells Road, or at Wigwamen Terrace.**

And although we would like to award more scholarships, **this year we'll be limited to one tenant only, selected by a committee appointed by our Board of Directors.** We'll be sending more information to all of you shortly about how and when to apply, and what the eligibility criteria are, **so be certain to check your mail and review the materials carefully!**

- Angus Palmer, General Manager

(See Page 3 for information about other Wigwamen scholarships).

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WIGWAMEN INCORPORATED

Dos and Don'ts of Pest Control

Sooner or later, we're all pestered by pests. Whether it's ants in the kitchen or a mouse in the basement, pests can be annoying and bothersome. At the same time, many of us are concerned that the pesticides we use to control pests can cause problems too. How can pests be controlled safely? When and how should pesticides be used?

For many pests, total elimination is almost impossible, but it is possible to control them. Methods for this include pest prevention, non-chemical pest controls and chemical pesticides. In this edition of the newsletter, we will focus on prevention.

Try Pest Prevention First:



Pests need food, water and shelter in order to survive. Prevention means simply removing these key items, or reducing them as much as possible. Start with the following to prevent pest invasions:

- Make sure food and leftovers that are not in the fridge are in tightly sealed containers or boxes.
- Do not leave food scraps out on the table, counter or floor—dispose of them in the compost or garbage.
- Regularly remove garbage and compost from the house.
- Don't leave pet food and water out overnight.
- Minimize other standing water in the home — for example, in the trays or plates that are underneath plants.

- Report any leaky plumbing immediately. Call the Wigwamen office if you notice taps, sinks, or pipes leaking.
- Close off potential entryways and hiding places by caulking cracks and crevices around cabinets or baseboards. Contact the Wigwamen office for assistance with this task.
- Eliminate dampness in the bathroom by using the exhaust fan when showering and cleaning up any water spills on the countertop and floor.
- Vacuum and sweep the floors regularly. If you have a cat or dog, you should do this as often as every day or two.
- Keep the floors clear of clothing (especially dirty laundry), small toys and stuffed animals, books, magazines and paper, and other belongings that might provide a home to unwanted pests.

In next month's newsletter, we will look at ways of controlling and eliminating pests once they've decided to share your home.

Note, however, that if you have pests already, call Wigwamen's Maintenance Department at 416-481-4451 immediately to report the problem.



- Brian Taheny, Maintenance Manager

20 Sewells Road Building Development Fund

Donor Recognition

Many thanks this month to:

SILVER DONOR

Mary Beth Menzies

for her recent contribution of \$500,
bringing her total contribution to \$1,350.

Did you know that in total, Wigwamen has raised over

\$133,500.⁰⁰

towards the development of 20 Sewells Road?

Check out Page 7 of this edition of Wigwam to Wigwam
to see a list of each and every donor!



Other Wigwamen Scholarships

Almost a decade ago, Wigwamen Incorporated donated \$25,000 to fund a scholarship at Humber College, and another \$25,000 to fund a scholarship at the Schulich School of Business at York University. With a matching donation in each case from the Province of Ontario, there are sufficient monies in each of the two funds to award one scholarship each year at each post-secondary institution.

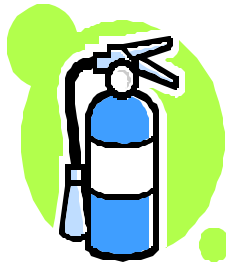
The Humber College scholarship is awarded to an Aboriginal student interested in pursuing a career in property management, while at the Schulich School of Business, the scholarship is awarded to an Aboriginal student entering its MBA program. This year's Wigwamen scholarship at Schulich was awarded to Bartholemew Smallboy, originally from Moose Factory.

Be Smart. Be Safe.

FEBRUARY SAFETY TIPS: FIRE SAFETY AT HOME

It's a new year so why not resolve to make your home as safe as possible? Here are some basic fire-safety and prevention tips to get you started.

- Have, and practice, a fire escape plan with your family.
- Know your fire department's phone number.
- Have a fire extinguisher and know how to use it.
- Smoke alarms should be installed outside each sleeping area and on each level of your home.
- Test your smoke alarms monthly to make sure they are working by pressing and holding down the test button.
- Never remove the batteries from a smoke detector, except if you are replacing them with new ones.



- Keep matches and lighters out of children's reach.
- Don't overload electrical outlets.
- Always barbecue outside (not including balconies!)
- Never leave any cooking unattended.
- Clean grease from the stovetop and burner pans regularly.



Quiz:

How much time do you have to leave your home safely after a fire starts?

- A. Ten to fifteen minutes.
- B. Five minutes.
- C. Two minutes or less.

*Source: Be Smart. Be Safe.
2006 Your Safety Calendar.*

Answer: C, Two minutes or less.

BARE FOOT FACTS

- In a regular day, you take about 8,000 to 10,000 steps.
- You'll probably walk more than 11,000 kilometres in your lifetime.
- Your feet have 26 bones, 33 joints, 20 muscles and 100 ligaments.
- Your feet absorb about 1,000 tons of force every day.
- There are approximately 250,000 sweat glands in each pair of feet and together they release nearly a cup of moisture every day.



Four Directions:



News from the Greater Aboriginal Community

“A Different Kind of Justice”

By Richard Blackwell

The following story was originally published in *The Globe and Mail* on November 26, 2005.

Michael Thiele has a bus to catch in a little more than an hour if he's going to get the last bed available at the St. Denis Centre, an addiction treatment facility in Cornwall, Ont.

The problem is, he's sitting in the prisoner's box in a courtroom in Toronto's Old City Hall, charged with shoplifting.

No matter. Ontario Court Judge Patrick Sheppard is going to get the young man on that bus, even if he has to fill out the bail paperwork right there in the courtroom.

“So, where's life now?” Judge Sheppard asks Mr. Thiele, who has been in and out of court, jail and addiction treatment centres. He almost completed a five-week program at the Dilico Ojibwa Treatment Centre in Thunder Bay, but left with three days to go and was picked up by the Toronto Police for petty theft.

“You want to give this another try?” the judge asks.

“Yes, Your Honour,” Mr. Thiele replies quietly.

Judge Sheppard shuffles the bail papers while glancing at the clock and urges his court clerk to quickly fill in the necessary

forms, a process that would normally take several hours. A few minutes later, Mr. Thiele rushes out the courtroom door, accompanied by a caseworker whose job is to see that he catches the 11:30 a.m. bus to Cornwall.

Such is the unconventional life of Toronto's aboriginal court, where the judge's job is to make a plan for the accused that may work as an alternative to jail. The court operates two days a week out of Courtroom 126 in downtown Toronto's Old City Hall. It looks just like any other courtroom in the building: dingy wooden panelling, clanking radiators, creaking benches. The key difference is that some—although by no means all—of the lawyers and court staff are aboriginal, and a native caseworker is always in the room.

It's usually referred to as the “Gladue court,” after a famous 1999 Supreme Court of Canada decision in a case called *Regina vs. Gladue*. In that ruling, the top court interpreted a key section of the Criminal Code that says courts should consider alternative sanctions to imprisonment, “with particular attention to the circumstances of aboriginal offenders.”

The overrepresentation of native people in Canada's jails is a “sad and pressing social problem,” the Supreme Court said, and all

judges must try to find ways to remedy it by inquiring into the background of the accused and finding ways to keep them out of jail.

Judge Sheppard was one of a small group who decided to try to put the ruling into practice. After brainstorming among judges and community activists such as Jonathan Rudin, program director of Toronto's Aboriginal Legal Services, the concept of a Gladue court came into focus. It started up in October 2001, and is expanding early in 2006 to a new courtroom in North York.

The idea, Mr. Rudin says, is not to offer a “sentencing discount” to aboriginal offenders, but to make sure the judge “knows something about the individual, why they are who they are, and what sentencing options exist.”

Over the same period, several courts in Canada have been set up to deal with the issues and problems unique to Canada's aboriginal community. One of the most innovative is run by Alberta Provincial Court Judge Tony Mandamin on the Tsuu T'ina reserve outside of Calgary. Judge Mandamin is an Ojibway from the Wikwemikong First Nation in Ontario, and the prosecutors, staff

Continued on Page 6...

...Continued from Page 5

and some defence attorneys are also aboriginal. If the accused is willing, some cases can be shifted to a traditional “peacemaking” session including a community elder, the families of the accused and the victim and possible counsellors.

The goal of peacemaking, Judge Mandamin said, is to restore relationships and deal with issues—such as alcohol abuse—that cause repeat offences.

There’s a similar purpose behind the Gladue court. There, each caseworker presents a “Gladue report” on the accused, a personal history that details any abuses in childhood, family details and often a litany of missed opportunity, discrimination and addiction.

The caseworkers, judges and lawyers are well versed in the resources available to aboriginal offenders in Toronto, including treatment centres and counselling services. The caseworkers learn exactly what space is available, fill out applications and try to get the individual to the right place at the right time.

Judge Sheppard is one of five judges who regularly hear Gladue court sessions. (None are aboriginal; there are no aboriginal judges practising in this court district.) He runs a particularly relaxed court, getting directly involved in the plans being worked out for offenders and chatting easily with them. When informed that one defendant had been in Toronto’s notorious Don Jail for the past three months, he asked, “What are things like in there these days?”

Many participants in the Gladue court say a key part of its success is the approach to bail. The Supreme Court noted that there was an institutional bias against granting bail to aboriginal people, and the Gladue court tries to redress this.

By giving accused people bail, the court is trying to motivate them to sort out their lives and demonstrate progress before they return for a trial, Judge Sheppard said.

“Everyone recognizes that it’s a huge step [if an accused person] can come back to the judge and say, ‘I’ve just completed an eight-week addiction treatment program, I’m in an aftercare program, and I’m really trying hard to stay off the crack,’” he said.

For aboriginal defendants, jail time just makes things worse, Mr. Rudin said. “No one is under any illusion that sending people to jail—certainly these clients—is going to change their behaviour.”

Some defendants who appear in the Gladue court on relatively minor offences are removed from the legal system altogether, as in the Tsuu T’ina court in Alberta. Their charges are stayed, and they are sent to a “diversion” program run by Aboriginal Legal Services—an urban version of an aboriginal sentencing circle where members of Toronto’s native community decide on penalties, counselling or other sanctions.

Measuring the success of an institution like the Gladue court is not easy. There are no statistical studies that demonstrate an improvement in recidivism, although

those who work in the court say they think it is highly effective in turning around the broken lives of individuals.

“There’s no doubt in our minds that the court is making a real difference,” said Mr. Rudin, though he noted that the proportion of aboriginal people in Canada’s jails is continuing to rise.

Caseworker Kiran Mathur said at least half the individuals he has helped stayed out of trouble, and many others end up in court far less frequently than they otherwise would.

For many offenders, just one appointment with a mental-health professional, one successful effort to find them housing or one session at a residential addiction treatment centre is enough to get them out of the justice system permanently, said Mr. Mathur, a University of Toronto law graduate.

“If they had been sent back to jail, it probably would have screwed them up really bad.”

And there’s no question defendants are buoyed by the “culturally sensitive atmosphere” of a courtroom where some court staff are aboriginal, Mr. Mathur said.

Still, there is just not enough personal support to keep some people from getting into further trouble. Mr. Thiele, for instance, didn’t get on that bus for Cornwall, but slipped away from his caseworker. The police had to be called round him up, again.

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Terrace Happenings

- The Terrace is accepting applications from Aboriginal seniors for 1-bedroom apartments. (See ad on Page 10.)



- The Seniors' Social Club has elected Katie Pasquach as President, Alice Gerrard as Vice President, and Eleanor St. Germaine as Treasurer.

- The Seniors' Social Club held a Loonie Auction on January 31, 2006, and it was a great success. The Club would like to express its gratitude for all the donations for this event, and would appreciate donations for future auctions.



- Construction, construction, construction... Norm, Frances and I would like to express a sincere thank you to everyone's continued patience

during the riser replacement project. The work will soon be completed!

- Our condolences to the families and friends of those members of our Terrace community who have passed away since July 2005: Helen Payne, Gary Mercier, Lloyd Jones, Gail Thomas, and Mike Elek. They will all be missed and remembered.

- Cecilia Kimball-Kneebone has moved out of the Terrace and we all wish her well.

- Finally, a warm welcome to our newest tenants: Verna Belleau, Denise Myre-LeFebvre, Stanley Kagige, Patrick Wabegijig, Joan Brooks, Joyce and Douglas Hinks, Evelyn Solomon, Nancy Paul-Woods, and Shirley Goddard.

-Sarah-Jayne Kendall, Terrace Manager

SEWELLS ROAD ROUND-UP

There's a great deal going on these days at 20 Sewells Road. Here are some of the highlights:

- The Computer Lab is now open for business! The hours of operation are:

Monday, Tuesday, Thursday and Friday: 9 a.m. - 12 p.m. and 1 p.m. - 4 p.m.

Wednesday: 1 p.m. - 4 p.m.

- The Arts and Crafts Group meets every Wednesday at 7 p.m. in the first floor Community Room.

- Parents and their young children (6 months - 6 years of age) are invited to attend the "Aboriginal Peer Nutrition Program" every Wednesday between 1 p.m. - 4 p.m. in the first floor Community Room.

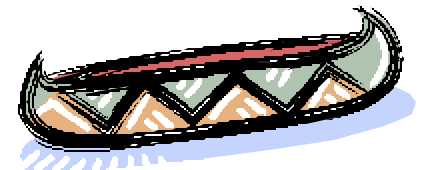
- Pre-schoolers and their parents/caregivers can attend "Story Time" every Tuesday beginning at 2:15 p.m. in the second floor Meeting Room. This is a drop-in program including stories and songs for children 3-5 years of age.

Kids' Stuff!

Canadian History Quiz

(answers are upside down at bottom)

- How would voyageurs respond when they encountered rapids or waterfalls?**
 - return to the closest fort
 - portage their canoe and cargo to safer waters
 - toss their cargo in the water and pick it up downstream
- What did Sir John A. MacDonalD believe was most important to the future of Canada?**
 - the fur trade
 - a railway from the Atlantic Ocean to the Pacific Ocean
 - free trade between Canada and the United States.
- What was one of the main materials used to build a soddie?**
 - wood
 - birch bark
 - sod
- As the Cree moved west they split into which two groups?**
 - Blackfoot and Chipewyans
 - Assiniboins and Ojibwas
 - Woodland and Plains
- How was the York boat different from the birch bark canoe?**
 - it was rowed, not paddled
 - it was made of metal, not wood
 - it would sink after two or three trips
- What were the expeditions led by Captain Palliser and Henry Hind interested in finding?**
 - exotic animal furs for European fashion designers
 - gold
 - locations with potential for settlement



Answers: 1.b), 2.b), 3.c), 4.c), 5.a), 6.c).

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A Housing Project for
Native People

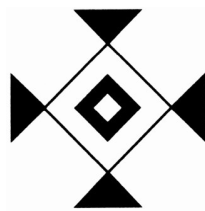
Health Tips

Tea for Teeth:

One cup of black tea has enough fluoride to help prevent tooth decay, and green tea has twice as much. Green tea, which is most popular in China and Japan, is also much richer in antioxidants.

Pass the Parsley:

To boost flavour and nutrition in salads, consider parsley. Just one ounce provides 43% of the recommended dietary allowance for Vitamin C and 18% of recommended dietary allowance for iron in men, and 12% in women.



WIGWAMEN

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 of age or older; and**
- **able to live independently.**

For more information or to obtain an application, call (416) 925-9165 or (416) 481-4451.