

WIGWAM TO WIGWAM

YOUR HOUSE TO HOUSE NEWS

NOVEMBER 2010

*Wigwamen would like to dedicate this edition
of "Wigwam to Wigwam" to*

Ms. Delma Catherine Cooper

Delma passed away on October 11, 2010.

*She was a member of Wigwamen's Board of Directors for
over 30 years and will be greatly missed.*



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BEDBUGS



What are Bed Bugs?

Bed bugs have an oval broad, flat body and a short, broad head. Shaped similar to an apple seed, unfed adults are around 6 to 10 mm long and brown and wingless. After feeding, they swell slightly in size and darken to a blood-red colour. The nymphs are shaped like the adults, but are yellow-white in colour.

Itchy welts on skin and/or black or brown spots on mattresses sheets, bed frames or walls often indicate that there is a bed bug infestation.

Bed bugs are also known by several names: wall louse, house bug, mahogany flat, red coat, crimson rambler as well as others.

The bed bug eggs are white, about 1 mm long (1/25 inch), and are almost impossible to see on most surfaces. The female bed bug lays at least 200 eggs in her lifetime, at a rate of about two or four per day. The eggs have a sticky coating and are deposited in cracks and crevices, behind woodwork and similar hidden locations. They usually hatch in six to 17 days.

Newly hatched nymphs feed as soon as food is available. A bed bug goes through five months before it reaches full maturity. Adults usually live for around 10 months, but can live for a year or more in a home where the environment is good for reproduction, with temperatures ranging between 21 °C and 28 °C, making it ideal for breeding year round.

Bed bugs can live from several weeks up to roughly a year and a half without feeding.

What can Bed Bugs do?

Bed bugs can cause allergic reactions and itchy welts. Allergic sensitivity can increase if exposure is prolonged. They do not however pose a major health risk and are not known carriers of blood-borne diseases. Bed bug bites may not be noticed immediately because bed bugs typically feed at night when people are asleep.

Bed bugs are wingless and cannot fly or jump, but are able to hide in extremely small locations because of their flattened bodies —under wallpaper, behind picture frames, in electrical outlets, inside box springs, in mattress pads and in night tables.

Long considered eradicated in most metropolitan areas, bed bugs are making a comeback. People now travel more than ever before, and bed bugs are hitching rides on clothing and luggage. They can now be found everywhere there is a high turnover of people, from homeless shelters to five-star hotels. They can also be accidentally transported around the house on objects.

How can Bed Bugs be managed?

Because bed bugs are hard to get rid of, a pest control operator is a simple solution. Usually more than one chemical treatment is required, and must be done in addition to physical control.

Be thorough in addressing bed bug infestations, because bed bugs travel easily, you may have to treat nearby rooms. Remove or reduce any clutter that might transport bed bugs.

BED BUGS CONTINUED

Treatment of household items

Infested mattresses should be steam-cleaned. Take care to use steam that is hot enough, and avoid excess moisture which could lead to mould. Inspect your bed thoroughly by examining the seams, tufts and crevices of the mattress as well as the box spring, bed frame and headboard. You may have to remove the cloth underside of the box spring to determine if there are bugs inside. Mattress pads and sheets should be washed in hot water and dried on the high setting. Infested areas should be vacuumed carefully with a brush attachment. Afterwards, dispose of the vacuum bag immediately and inspect the brush attachment for bed bugs. Bed bugs cannot easily climb metal or polished surfaces and cannot fly or jump.

Treat the legs of beds to keep them away. Coat the legs with double-sided carpet tape or petroleum jelly, you can also place the legs of the bed inside glass jars or metal cans.

You may have to discard your bed. Holes or worn spots in the fabric may allow bed bugs to lay eggs in areas not easily reached, and there are restrictions on how insecticides can be used on beds.

Carefully examine all night tables, baseboards, dressers, headboards (especially padded ones), electrical outlets, any items stored near or under the bed, any nearby carpeting or rugs, picture frames, switch plates, inside clocks, phones, televisions and smoke detectors—in short, anything and everything that is in the room where the infestation has been noted. Upholstered chairs and sofas can also harbour bed bugs and should be treated with careful vacuuming and laundering of all possible parts (cushions, slipcovers, skirts, etc.).

Prevention

To prevent future bed bug infestations, mattresses must be completely enclosed. They can be wrapped in zippered bed encasements available from allergy supply companies, with duct tape over the zipper. Mattresses can also be wrapped and sealed in plastic film.

Be cautious about taking in second-hand furniture, bedding, mattresses or beds. Inspect and clean them before bringing them home.

When you travel, inspect the mattress and headboard in the hotel room, do not bring your pillow from home, and do not put your suitcase on the bed.

SOURCE: Health Canada, Pest Management Regulatory Agency

http://www.hc-sc.gc.ca/cps-spc/alt_formats/pdf/pubs/pest/pnotes/bedbugs-punaises-lits-eng.pdf



Picture source: <http://www.bed-bugs-handbook.com/picture-of-bed-bug.html>

WIGWAMEN SCHOLARSHIPS 2010

Each year, Wigwamen awards scholarships to tenants enrolled in accredited colleges or universities. Scholarship applications are sent out in June and all tenants currently attending or enrolled in a post-secondary institution are encouraged to apply.



2010 Scholarship Recipients and Bill Kinoshameg (President, Wigwamen Board of Directors)

Recipients' names from left to right:

Ayesha Siddiqua, Christine Smillie, Tracy Pittman, Sheena Kitchemokman

ZERO BALANCE CLUB

The winner for the month September is:



MILLIE SMITH

CONGRATULATIONS!

If you want a chance to win a \$50.00 gift card, all you have to do is pay your rent on time every month and you will be automatically entered into the draw!

New Mother Program



Congratulations to Alana Wemigwans for receiving a basket from the New Mother Program. We wish you and your family all the best.



For more information please contact Carla Cruickshank, Wigwamen Special Programs
(416) 281-2079

A REMINDER REGARDING LOST KEYS

If you lose your keys and require a new set, you must come into the office and pick them up. You will only need to pay for getting the keys copied. New keys will not be dropped off to tenants.

If you lose your keys and would like your locks completely changed, you will be charged \$30 for the replacement each cylinder.

“Please note that *the Residential Tenancies Act prohibits tenants from changing the locks to their unit without the consent of the landlord.* If it is determined that a tenant has altered the locking system, the tenant may be ordered by the Landlord and Tenant Board to pay for expenses incurred by the landlord to change the locking system.”

Residential Tenancies Act, 2006, c.17, s. 1-3



TORONTO ABORIGINAL DIRECTORY

A new Toronto Aboriginal Directory published by Mitzi Brown Consulting Services was recently unveiled that contains information regarding “organizations, businesses and friends of the Toronto Aboriginal community”.

This directory includes information on emergency and community services, government, health, the arts, businesses and information for students and seniors. Wigwamen Incorporated and other Aboriginal housing providers are also included in this publication. If you would like a copy of the directory, we have some available for tenants at the office. For more information regarding the Toronto Aboriginal Directory, check out the website at www.torontoaboriginaldirectory.com



Sign up to receive the "Wigwam to Wigwam" by e-mail

In October, the "Wigwam to Wigwam" newsletter was sent out to tenants by e-mail for the first time! Wigwamen is making an effort to reduce the amount of paper distributed by our office and you can do your part too by signing up to receive the newsletter by e-mail.

We had only a small number of tenants sign up in September and are hoping that eventually all or most of our tenants will receive the "Wigwam to Wigwam" by e-mail.

If you would like to sign up to receive the newsletter by e-mail, please e-mail Danielle Powell at dpowell@wigwamen.com.



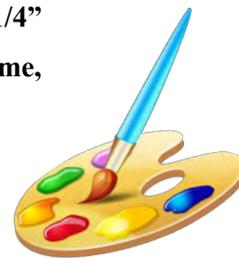
Calling all young artists...

Each month we would like to include a piece of artwork or writing (including poems, short stories, etc.) in our newsletter to highlight talent amongst our youngest tenants!

If you are between the ages 5 and 13 and would like to contribute your work to our monthly newsletter please contact Danielle Powell at (416) 481-4451.

PLEASE NOTE: Submissions must be no bigger than 5 1/4" x 4 1/4" (approximately half a piece of paper) and should include your name, address and age on the back of your work.

We look forward to seeing all of your wonderful submissions!



Check back each month to see if your artwork or writing is printed in the newsletter!



YOUR "HOUSE TO HOUSE" NEWS

**Wigwamen Incorporated
#310 - 25 Imperial St.
Toronto, Ontario
M5P 1B9
www.wigwamen.com
Phone: 416-481-4451
Fax: 416-481-5002**

**If you have submissions for the
"Wigwam to Wigwam" newsletter,
please contact:**

**Danielle Powell
(416) 481-4451
dpowell@wigwamen.com**