



*Painting by D. Westlake, 1983.*

## **Wigwamen: Forty Years and Still Growing**

This year marked the 40th anniversary of Wigwamen Incorporated. The painting above is of the first house that was purchased - in 1973. Since then, the number of houses has grown to 230.

Wigwamen Incorporated is the oldest and the largest urban Native housing provider in the City of Toronto and the Province of Ontario, and is one of the largest in Canada.

It all began in 1970 when a committee began meeting at the Native Friendship Centre to discuss what could be done about the need for better housing for Native people in the City of Toronto.

The committee developed a housing program to provide rent-assisted housing to Aboriginal residents in the city and in 1972, Wigwamen Incorporated was founded.



In the 1970's Wigwamen got grants to purchase 95 more properties with units for 144 families. And in 1979, in response to the need for housing for Aboriginal seniors, Wigwamen Terrace was built next to the Native Canadian Centre of Toronto. In 2005, another building was completed - Wigwamen Waabnong - at 20 Sewells Road. And all the while, new properties were being acquired as well.

Today, Wigwamen rents one-, two-, and three-bedroom units in three apartment buildings and 230 houses across the GTA, including eleven wheelchair accessible apartments. Future plans include more barrier-free apartments and expansion to Ottawa. ❖

## The Future Today: Youth Profile


By Jonathan Neegan

**Name: Ashley Stanger Age: 21**  
**Hobbies: Music, art, baking & sports**

*Ashley has been a Wigwamen tenant for 18 years.*

Twenty one-year-old Wigwamen tenant, Ashley Stanger, doesn't see herself as a role model but with her many accomplishments, we feel she can inspire other youth to follow their dreams. Ashley has been living in Wigwamen housing for 18 years and is one of the recipients of the Wigwamen Scholarship Program given to her at the 2012 Tenant Picnic. She is currently attending Seneca College taking the Small Business Entrepreneurship diploma program, which she hopes to combine with a Certificate in Baking and Pastry Arts she received from Algonquin College, to open her own bakery. She will use this bakery to encourage and teach other youth to get into baking, because Ashley feels it is important to use her skills and knowledge to help guide others in the right direction.

Ashley is a perfect example of someone our youth can inspire to be like, with her selfless acts of volunteering with the handicapped, working as a youth coordinator in the city of Toronto, and her willingness to be there for her friends and loved ones when they are in need of someone to talk to. She is no stranger to adversity, from injuries to the loss of a loved one; Ashley focuses on the bright side of life, always being there for the less fortunate. She will continue to challenge herself to become a better person who emphasizes the positive rather than the negative. ❖

### Diabetic Cranberry Nut Bread

- 1 cup whole wheat flour
- 1 cup unbleached all-purpose flour
- 1/4 cup sugar
- 1 tablespoon baking powder
- 2 teaspoons grated orange rind
- 1 cup orange juice
- 2 tablespoons vegetable oil
- 1 egg
- 1 cranberries, chopped
- 1/3 cup raisins
- 1/3 cup walnuts, chopped

*Make this diabetic-friendly festive treat one day in advance and store in an airtight container for 24 hours before slicing.*

#### DIRECTIONS

Combine the flours, sugar, baking powder, and orange rind in a mixing bowl. Add the remaining ingredients and stir to blend well.

Pour into a greased 9x5 inch loaf pan. Bake at 350F for 45 to 50 minutes. Cool for 6 minutes before removing from the pan.

Cool thoroughly on a wire rack. Store in a plastic bag or aluminum foil for at least one day before slicing.

*(Recipe re-printed with permission from Food.com)*



# SOADI: Southern Ontario Aboriginal Diabetes Initiative

At Wigwamen Terrace, where about 60% of the tenants are living with diabetes, SOADI hosts a regular Diabetes Wellness Circle. Through games, guest speakers, group discussions and hand-on activities, the seniors support each other and learn how to stay healthy.

The Ontario Ministry of Health and Long-term care funds SOADI to create, run, and support programs that focus on the prevention and management of diabetes in Aboriginal

communities across the province. The aim is to promote healthy eating, healthy living and physical activity in fun and culturally relevant ways.

For more information about SOADI programming in Toronto, contact Amanda Lipinski, the Diabetes Prevention Coordinator for the region, at 416-203-0133, or e-mail: [toronto@soadi.ca](mailto:toronto@soadi.ca) ❖

## Healthy-Living Gifts

Here are some ideas for gifts that raise awareness about diabetes. They are all available from SOADI's Online Shop at [www.soadi.ca](http://www.soadi.ca)

- ◆ Nutrition Bingo (for up to 20 players)
- ◆ Diabetes Will Not Defeat Me T-shirt
- ◆ Rezstore Pride Hip Hop CD
- ◆ Sweet Grass Fitness DVD
- ◆ Sweet Grass Yoga DVD
- ◆ Animal Posters (see page 4)



## Support For Your "Get-Fit" New Year's Resolutions

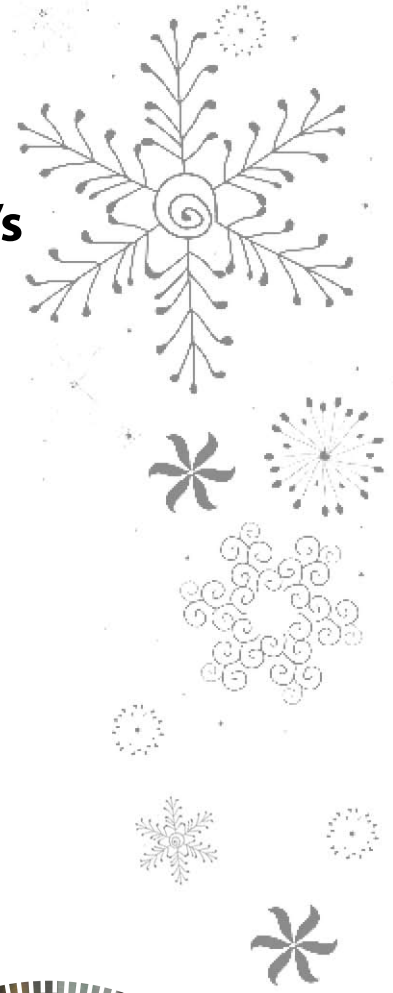
**Toronto Community Rec Centres**  
Free Drop-In Fitness Classes  
Call 416-338-4386 for details.

**Native Canadian Centre of Toronto**  
Aboriginal Martial Arts  
Call 416-964-9087 for details.

**Toronto Council Fire**  
Moccasins Moving Forward  
Call 416-360-4350 for details.

**Anishnawbe Health Toronto**  
Physical Activities Workshops  
Call 416-360-0486 for details.

**Native Women's Resource Centre**  
Metis Jigging Circle  
Call 416-963-9963 for details.



## FIRE SAFETY TIPS:

- ◆ do not tamper with the Wigwamen-installed smoke alarms
- ◆ report any smoke alarm damage or malfunction immediately
- ◆ never borrow or remove batteries from your smoke detector; if the alarm emits single beeps, call for battery replacement
- ◆ if the alarm sounds, don't panic: stay low and leave the building; when evacuating, check doors for heat before opening



*Sewells Road's new doorman*

# WHAT CAN WE LEARN FROM OUR BROTHER THE WOLF ABOUT DIABETES?



THE WOLF IS FIT. HE IS PHYSICALLY ACTIVE AND STRONG. BROTHER WOLF KNOWS HE NEEDS TO STAY HEALTHY SO HE AND HIS PACK CAN PROSPER, YOU CAN AVOID THE COMPLICATIONS OF DIABETES BY LEARNING FROM THE WOLF TO STAY ACTIVE AND FIT.

TO LEARN MORE ABOUT DIABETES IN OUR COMMUNITY  
VISIT US ONLINE AT [WWW.SOADI.CA](http://WWW.SOADI.CA) OR CALL 1 888 514 1370



Pull and post on your fridge for inspiration. Reprinted with permission from SOADI.

# Trouble Shooting Tips for Wigwamen Housing Tenants

## NO POWER TO A PLUG OR SWITCH?

- ◆ Unplug or turn off the electric device(s) that you are using.
- ◆ Find your breaker panel and open the cover, if there is one.
- ◆ Find the tripped breaker: in the "off" position or between "on" & "off".
- ◆ To reset, push the breaker fully into the "off" position and then back to "on".
- ◆ Breakers trip when overloaded: you may have too many devices plugged in.
- ◆ Breakers trip when a damaged electrical device is plugged in: check the device.
- ◆ If the breaker continues to trip after following these steps, call Wigwamen.

## NO HEAT?

- ◆ Check if the furnace is getting power: if the furnace is trying start, you have power.
- ◆ If there is no power, check the breaker (follow the breaker re-setting instructions above).
- ◆ If you have power, set your thermostat few degrees lower than your room temperature.
- ◆ Turn off the power to the furnace: flip the labeled switch near the furnace.
- ◆ If there is no switch, push the breaker labeled "Furnace" to the "off" position.
- ◆ Wait for one minute and then switch power back on.
- ◆ Set your thermostat above the room temperature.
- ◆ If the furnace blows cool or cold air, repeat the steps above.
- ◆ Check that the white outdoor intake/exhaust vent pipe is not blocked by any debris.
- ◆ If the furnace still blows cool or cold air, call Wigwamen.

## WHEELCHAIR ACCESSIBLE UNITS

◆ Are you 59 years of age or older and of Aboriginal descent? Are you in a wheelchair, but able to live safely on your own? Are you looking for safe and affordable housing in downtown Toronto? Wigwamen may be able to help.

For more information:

visit: [www.wigwamen.com](http://www.wigwamen.com) \* e-mail: [info@wigwamen.com](mailto:info@wigwamen.com)  
phone: 416-481-4451 • fax: 416-481-5002

Visit the new website for information about Wigwamen tenant programs and contests, or e-mail Karen at: [kwatts@wigwamen.com](mailto:kwatts@wigwamen.com)

### ◆ Gift Baskets for New Mothers



**Congratulations to Abiola, of Sewells Road - recent recipient of a New Mother's Gift Basket.**




*Recent winners of the Zero-Balance*

*Raffle: Sandra from Galloway Road; Aparecida from the Terrace.*

## WIGWAMEN MAINTENANCE

- ◆ If you have a maintenance issue, please contact your building manager. If you don't have a building manager on site, please call Head Office – 416-481-4451.
- ◆ In event of an after-hours maintenance emergency – a flood, power-outage, or heating failure – call 416-481-4451 and Wigwamen's Emergency Service will send help.

## TO APPLY FOR WIGWAMEN HOUSING

**Families & individuals of Aboriginal descent should fill out Wigwamen applications that are available:** 

**In person:** at Head Office, at Wigwamen Terrace (14 Spadina), or 20 Sewells Road;  
**By mail:** call 416-481-4451 to request; or  
**Online:** at [www.wigwamen.com](http://www.wigwamen.com)

You must submit proof of legal status in Canada and a copy of either your Status Card or an Affidavit of Aboriginal Descent for Housing Purposes with your application. Affidavits can be obtained from Aboriginal Legal Services.

**Non-Aboriginal Families & Individuals should fill out a Toronto Social Housing Connections application that is available:**



**In person:** at Housing Connections, 176 Elm St., near Dundas & University;  
**By mail:** call 416-981-6111 to request; or  
**Online:** at [www.housingconnections.ca](http://www.housingconnections.ca)

You must submit proof of legal status in Canada and your income with your application.

## WIGWAMEN HOUSING

- ◆ **The Terrace (104 units for Aboriginal seniors)**  
14 Spadina Road, Toronto, ON, M5R 3M4
- ◆ **20 Sewells Road (92 units for Aboriginal & non-Aboriginal individuals & families)** Toronto, ON, M1B 3G5
- ◆ **228 Galloway Road (60 units for individuals & families)** Scarborough, ON, M1E 5G6
- ◆ **Scattered Housing (for Aboriginal families)**  
230 homes located throughout the GTA



### Wigwamen Head Office

23 Lesmill Road, Suite 106  
 Toronto, Ontario, M3B 3P6  
 Tel: 416-481-4551  
 Fax: 416-481-5002  
 E-mail: [info@wigwamen.com](mailto:info@wigwamen.com)



23 Lesmill Road is located north of York Mills Road, between Leslie Street and Don Mills Road.

### To get to Wigwamen's Head Office by TTC:

From York Mills Station take the 122 bus, which stops directly in front of the building; or any 95 bus, which all stop at Upjohn, just 200 metres south of Head Office. Alternately, from Pape Station, take the 25 Bus, get off at York Mills and transfer to a westbound bus, or walk west for about 5 minutes.

## MEEGWETCH

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