



## Spring Cleaning: **Go Green This Year**

Earth Day is on April 22nd and what better way to celebrate than an eco-friendly spring cleaning of your home?

The goal of Earth Day is to inspire people all over the world to take simple steps in their daily lives to improve conservation. The hope is that if we inspire each other to take small steps,

these will add up and help to reduce the impact of humans on our environment. For more information about Earth Day events, contests and scholarships, visit [www.earthday.ca](http://www.earthday.ca)

Turn the page for tips on how to make your spring cleaning safer and healthier for you, your family, and the planet. ❖



# Save Money & Clean Responsibly

These recipes for inexpensive, environmentally friendly, cleaning products come from “Eco-holic Home” by Adria Vasil ([www.ecoholic.ca](http://www.ecoholic.ca)). Her books are available at most Toronto Public Library branches.



## ALL-PURPOSE CLEANER

Mix equal amounts of vinegar and water in a spray bottle. Add a few drops of essential oil if you want to mask the vinegar smell. Essential oils can be purchased at health-food stores.

## ALL-PURPOSE GREASE-CUTTER

Mix two tablespoons of lemon juice with 8 cups of hot water; add ¼ cup of castile soap and shake well. Castile soap is available at health-food stores. This cleanser will keep for years.

## MILDEW SCOURING PASTE

Mix borax and water and use an old toothbrush to get rid of mildew in the bathroom. Borax can be found in the laundry aisle of your supermarket.

## TOILET BOWL CLEANER

Mix one cup of borax or baking soda with ¼ cup of vinegar. Pour in toilet and leave for about an hour; then scrub.

## TUB CLEANER

Baking soda doesn't scratch, so it's safe to use as a cleaner on plastic bathtubs as well as porcelain. Sprinkle and scrub with a sponge. ❖

### WHAT GOES IN YOUR GREEN COMPOSTING BIN:

- food & paper soiled with food scraps
  - tissues, diapers, sanitary products
  - animal waste, kitty litter, hamster bedding
  - the lid must close, so do not overfill
- (see: [www.toronto.ca/garbage/greenbin.htm](http://www.toronto.ca/garbage/greenbin.htm))

### WHAT GOES IN YOUR BLUE RECYCLING BIN:

- paper, cardboard, juice boxes, milk cartons
  - glass bottles, metal cans, plastic jars & bags
  - styrofoam & clear plastic food containers
  - overflow in clear plastic bags will be accepted
- (see: [www.toronto.ca/garbage/bluebin.htm](http://www.toronto.ca/garbage/bluebin.htm))

### TO USE GREY GARBAGE BIN PROPERLY:

- include no hazardous waste or recycling
  - no sod, grass or building materials
  - the lid must close, so do not overfill
  - get it to the curb by 7:00 am
- (see: [www.toronto.ca/garbage](http://www.toronto.ca/garbage))

## How to dispose of...



Corrosive



Explosive



Poison



Flammable

**HAZARDOUS WASTE** - If you see any of the symbols above on products you want to get rid of, don't throw them in the garbage! There are a number of ways to get rid of these items safely: drop them off at a Household Hazardous Waste Depot (call 311 for the one nearest you); drop them off at a Community Environment Day (call 311 or visit [www.toronto.ca/environment\\_days](http://www.toronto.ca/environment_days));

### or book a Toxic Taxi pick-up

(call 311 or visit [www.toronto.ca/311](http://www.toronto.ca/311)). There is no fee for drop-off or pick-up of HHW items.

**OLD MEDICATION & INSULIN NEEDLES** – will be accepted by Shoppers Drug Mart pharmacies.



**FURNITURE** - Abandoned furniture creates serious fire and pest control hazards if left on porches, balconies or in your yard. Luckily, the City will pick up bulky items free of charge. Just place them half a metre (2 feet) from your waste bins on your regular collection day.

**JUNK MAIL** - If you are tired of picking unwanted flyers and junk mail up off your doorstep, tape a "No Flyers Please" notice to your mailbox. Use the one below, or type "free printable no junk mail notice" into your web browser to choose your own style.

## Spring is in the Air: Get Outside and Walk!

Walking for exercise can decrease blood pressure and glucose levels, improve bone density, and reduce high cholesterol. Plus it can save you a bundle on TTC fares!

Older adults are advised by Health Canada to walk vigorously for about 25 minutes a day. And now that the ice is gone, it's safe and easy to walk outside again.

A fun way to monitor and improve your walking times is to use a simple tool that counts the number of steps you take. This tool is called a pedometer. It's a small box that you can wear around your neck or clip onto your belt. All branches of the Toronto Public Library have pedometers that can be borrowed for 3 weeks at a time.

The average person takes about 4,000 steps in 30 minutes of brisk walking. If walking is your main source of exercise, you should aim for 10,000 steps per day. A pedometer will help you measure if you are reaching that goal. ❖

# FREE TAX CLINICS

**April 30th will soon be here!  
Book your appointment now.**

**ACORN Toronto**

Near Danforth & Coxwell  
416-461-9233  
By appointment. All tax years.

**Parliament Street Library**

Near Gerrard & Parliament  
416-393-7664  
Appointment or walk-in.  
Current tax year only.

**The Lighthouse**

Near Bathurst & Dupont  
416-535-6262  
By appointment. All tax years.

**Westpark Healthcare Centre**

Near Jane and Weston Road  
416-243-3600 x 2108  
By appointment.  
Current tax year only.

**Woodgreen Community Services**

Various locations  
416-645-6000 x 1186  
By appointment. All tax years.





## Don't Risk Your Rent Subsidy!

To keep your rent subsidy, it is very important to follow the City of Toronto rent subsidy rules. Some of them are easy to follow just by using your common sense – don't commit illegal acts, don't sub-let your apartment, don't lie about your income – but some are less obvious.

Nobody likes filling out forms, so tenants often set aside their Rent Subsidy Renewal Packages to complete "later". But it's **very important that these forms are completed on time and returned along with all the required documents** – bank statements, pay stubs, statements of benefits. And if your income changes mid-year, it is your responsibility to let Wigwamen know right away. If you do not declare your income honestly and on time you can lose your subsidy.

Another thing that some tenants find difficult to understand or remember is that when a rental unit is subsidized it means that **only the people whose names appear on the lease can live there**. Announced visitors can stay for up to two weeks, but if your rent is subsidized by the City of Toronto you can't invite friends or family to live with you without first applying to have them added to the lease. Their income will then be added to the Total Household Income used to calculate the subsidy.

Rent Subsidy rules also state that tenants cannot leave their rental unit for more than 120 days at a time, so if you are planning a trip be sure to keep this number in mind. And remember that **you will lose your subsidy if you let somebody else stay in your place while you are away** – even if they do not pay you anything. ❖

*Request a clothes line, hang your laundry to dry, and increase your chances to win!*



## ENERGY EFFICIENCY COMPETITION

◆ Wigwamen Housing tenants now have a chance to win up to \$400, simply by being more careful about their energy consumption. The household that reduces their energy use the most in 2013 will be the winner.

### ENERGY EFFICIENCY REMINDERS

- ◆ Do not open windows in on cold days without first turning the thermostat down.
- ◆ Consider replacing any air conditioner that's more than 10 years old with an Energy Star model.
- ◆ Prolong the life of your clothes by using a drying rack or clothes line instead of the dryer.





# Original Terrace Tenant Passes On

## 岑吳芳

Fong Shum barely spoke English, but she had no trouble communicating with her neighbours. She greeted everyone she passed in the lobby and courtyard

with a smile or a laugh and a “high five”. Her cheerful presence is much missed at 14 Spadina Road.

She was one of the first tenants to move into the building in 1979 and did not move out until 2012. Fong Shum was born in Hong Kong in 1915 and was 97 years old when she passed away in February. ♦

*Fong Shum lived at Wigwamen Terrace for 32 years.*



For information about the following Wigwamen tenant programs and contests, call Head Office or e-mail Karen: kwatts@wigwamen.com

- ◆ GIFT BASKETS FOR NEW MOTHERS
- ◆ KIDS’ BOOK-OF-THE-MONTH
- ◆ BACK-TO-SCHOOL PACKS
- ◆ WIGWAMEN POST-SECONDARY SCHOLARSHIPS
- ◆ MONTHLY ZERO-BALANCE RAFFLE

*Recent Zero-Balance Raffle winner, Halima, from 20 Sewells Road.*



### 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.



Contact the Property Manager at The Terrace for more information: Lisa Kristensen, 416-925-9165.



*Dante loves his Book-of-the-Month!*

### 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.
- ◆ Wigwamen’s new website features an Online Maintenance Request Form: [www.wigwamen.com/housing/maintenance-request-form/](http://www.wigwamen.com/housing/maintenance-request-form/)
- ◆ 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.

## 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

## 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 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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