

FREE!



Chill Out With Art

FREE PASSES TO 18 MUSEUMS are available at Toronto Public Library branches across the city and their air-conditioned galleries are ideal places to hang out on the hottest days of the summer. All you need to borrow a Museum & Arts Pass (MAP) is a library card.

Up to five MAP tickets are distributed at each TPL branch per week. Each pass admits one family, one time, to one venue. They are distributed by lottery or on a first-come-

first-served basis, usually at 9:00 am on Saturdays, but you should check with your local branch before heading out.

Most MAPs admit 2 adults and 5 children. You don't have to use them right away, and you don't have to return the passes to the library: they expire after 3 months. Each venue has its own rules about holidays, however, so be sure to read the restrictions before you plan your outing.



For more details about the Museum & Arts Pass – including which tickets available at each library branch - visit your local TPL branch; call 416-393-7131 (TTY: 416-393-7030); or go to the web page: www.torontopubliclibrary.ca/museum-arts-passes/. Listed below are the Museum & Arts Pass Venues:

Art Gallery of Ontario	Gardiner Ceramics Museum	Royal Ontario Museum
Bata Shoe Museum	Gibson House Museum	Scarborough Museum
Black Creek Pioneer Village	Mackenzie House	Spadina Museum
Casa Loma	Montgomery's Inn	Textile Museum of Canada
Colborne Lodge in High Park	Museum of Inuit Art	Todmorden Mills Heritage Site
Fort York National Historic Site	Ontario Science Centre	Toronto Zoo

Home-Made Ice Yogurt Dots ○ ○ ○

These yummy little frozen treats are a low-cost, low-calorie alternative to ice cream. Experiment with various yogurts and fruit to find your favourite combination.

Drop about a tablespoon of low- or zero-fat yogurt into a mini muffin tin liner (available at the dollar store) or on a cookie sheet lined with parchment paper. Greek-style yogurt works well. Place a little fruit in the centre – strawberry, blueberry, raspberry – or use a small spoonful of diabetic jam. Freeze. Once they're hard, store your Ice Yogurt Dots in an air-tight plastic container.

This diabetic-friendly recipe was submitted by MK. If you have one you'd like to share with your neighbours, send it to info@wigwamen.com with the subject heading "recipe for newsletter".



City of Toronto Cooling Centres

During "extreme heat alerts" the City of Toronto opens Cooling Centres where people without air conditioning at home can rest and have a drink or snack. Call 311 or visit www.toronto.ca/health/heatalerts for more details and advice about how to beat the heat.

The Cooling Centre at Metro Hall is open 24 hours and these are open from 11:00 am to 7:00 pm: East York Civic Centre; North York Civic Centre; Driftwood Community Centre; Etobicoke Olympium; McGregor Community Centre; Centennial Park Community Centre.



How to Discourage **Summer Pests**



MOSQUITOS



- remove all standing water near your home to eliminate their breeding grounds
- tell Wigwamen if water pools in your yard, driveway, or on your balcony
- switch to unscented soap and shampoo during the summer
- wear light coloured clothes when you're outside at dawn or dusk
- plant catnip, rosemary or marigolds – all of which are supposed to repel mosquitos



FRUIT FLIES



- keep ripe fruit in your fridge
- do not leave fruit peels or sweet drinks lying about
- close the lid on your compost bin tightly
- wipe your kitchen surfaces often and rinse the cloth well
- rinse your drains with vinegar to remove eggs



FLIES



- keep the lids securely fastened on your compost, recycling and garbage bins
- thoroughly rinse all recycling containers before throwing them in your blue bin
- hose down the outside of your green composting bin if food waste spills over
- pick up after your pets: flies love dog poop
- contact Wigwamen if your window screens are damaged



BED BUGS



- learn to recognize bed bugs: adults are about the size and shape of apple seeds
- check mattresses for black dots or spots of blood when traveling
- try not to pack or leave your luggage on other peoples' beds
- dry all vacation clothes and sleeping bags for 30 minutes on high on your return
- contact Wigwamen if suspect you may have bed bugs: early treatment is much easier

Diabetes Warning Signs



- numbness in hands or feet
- blurred vision
- lack of energy
- recurring infections
- frequent urination

HEALTHY MEAL-PLANNING & MEAL-PREP TIPS FROM THE CANADIAN DIABETES ASSOCIATION:

- Plan your meals in advance.
- Always shop with a list.
- Choose produce that's in season.
- Use a vegetable steamer instead of frying.
- Use a roasting pan with a fat-draining rack.
- Use a non-stick pan to reduce need for oil.
- Learn to replace salt with spices & herbs.
- Plan a vegetarian meal once a week.
- Make your first serving a smaller portion.
- Balance your plate and aim for: ¼ protein; ¼ starch; ½ vegetables.



Home Library Service

If you are unable to come to the library for more than 3 months due to age, illness or disability, the Toronto Public Library's "Home Library Service" can deliver to your door free of charge. Call 416-395-5557 for details.



Large print and DAISY Talking Books are just two of the formats available to physically challenged library clients. For information visit www.torontopubliclibrary.ca/accessibility

Tuition for Crown Wards & Youth Leaving Care

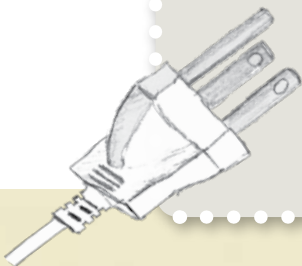
If you are between 21 and 24 years of age and are a former Crown Ward you may now be eligible for a \$500 monthly living allowance – and to have the cost of your tuition fees covered for up to 4 years. For details visit <http://news.ontario.ca/tcu/en/2013/06/tuition-for-crown-wards-and-youth-leaving-care.html>

Aboriginal Head Start Programs

School-readiness programs are offered in four locations across Toronto by Native Child and Family Services. The programs are for children with an Aboriginal background who are from 2 ½ to 6 years old. The children and their families are provided with support consistent with Aboriginal core values in the areas of education, social development, and health.

These Head Start Programs are located on Keele near Wilson (Kiiwednong); on Dundas near Broadview (Shaawnong); near Kingston and Galloway (Waabanong); and on St. Clair near Vaughan (Epnigishmok). For more information, visit: www.nativechild.org or call 416-969-8510.

ENERGY EFFICIENCY COMPETITION



◆ Wigwamen Housing tenants now have a chance to win up to \$400 in unit upgrades, 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 TIP

◆ Tape this note to your front door to remind you to turn off the air conditioning when there's nobody home. Air conditioners often go on sale at the end of the summer: consider replacing your old one with an Energy Star model now.



Praise for High School Near Wigwamen's 20 Galloway Rd

“There are good schools in lower-income neighbourhoods... take Sir Robert Borden Business and Technical Institute... their library now has the highest circulation of any public high school in the city... if I could drop that school at Yonge and Lawrence it would be one of the most popular schools in the city.” – TDSB Trustee Jerry Chadwick (as quoted in the Toronto Star, 06/03/13)



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

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

WIGWAMEN TENANT BBQ AUGUST 24TH

The Tenant Picnic for Terrace residents and the tenants of Wigwamen's houses will be held on Saturday August 24th, at Christie Pits Park, from 11:00 am to 3:00 pm. If you plan to attend this year, remember to return the reply card that will arrive in your mailbox soon. **The Sewells Road BBQ will be held on August 17th.**

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.



Flower Power Contest Winners for 2013 will be announced in the next newsletter.

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/
- ◆ 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

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:



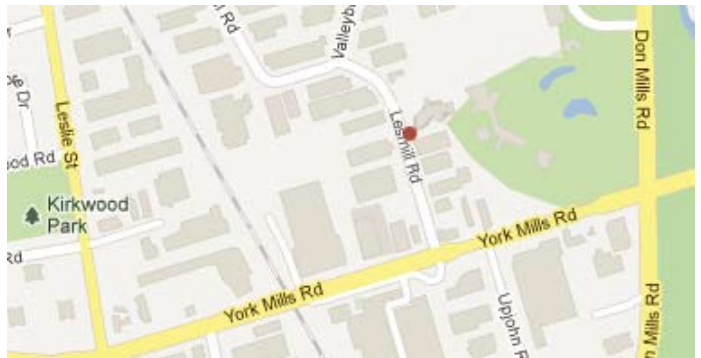
In person: at Housing Connections, 176 Elm St., near Dundas & University;
By mail: call 416-981-6111 to request; or
Online: at www.housingconnections.ca

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



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.

This issue of Wigwam to Wigwam was written and compiled by Lisa Kristensen. Layout by Ellen Pauker.

MEEGWETCH

Thanks to the following for their assistance in securing information and images for this issue:

Elizabeth Else, Jodi Hetherington, Mary Beth Menzies, Milroy Hoosain, MK, Angus Palmer, Alla Ponomarenko, Lynne Vallis

Published in August 2013 by Wigwamen Incorporated.
Printed on FSC-certified recycled paper.
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