



# SPRING CLEANING



**A**fter a long, brutal winter like the one we just had, every home needs a good cleaning. On the next page, you'll find advice on how to get rid of some of the things you may find that you no longer need.

Whether you decide to donate or sell, reducing the clutter in your home will make it feel bigger, will make cleaning easier, and make your living space less attractive to bugs and critters.

When clearing out your closets, a useful guide for clothes is to ask yourself: have I worn this in the past two years? And, if not, do I need to save it for a special occasion? If the answer is "no", then get rid of it.

A useful guide for books and movies is to ask: will I ever want to read or watch this again or lend it to somebody? Again, if the answer is "no", put it in the give-away box.

**TIP:** In the kitchen, consider how many place settings you really need and get rid of the chipped mugs and plates and those knives you never liked.

**TIP:** Back issues of most newspapers and magazines can now be found on the internet at the library, so consider if you need to store them anymore.

**TIP:** Think about how many sheets and towels you really need and then keep only the ones that aren't stained or worn.

**TIP:** Find and label empty bags or boxes for donations, recycling and garbage *before* you start clearing out a room or closet.

**TIP:** Downsizing is easier with a friend to help. Schedule two clean-up sessions and help each other with your closets.

## WHERE & HOW TO DONATE, SELL OR DUMP

**DONATE CLOTHING** – Canadian Diabetes Association – [www.diabetes.ca](http://www.diabetes.ca)  
Call 1-800-505-5525 for free pick-up or a drop box near you.

**SELL CLOTHING** – The Kind Exchange – [www.thekindexchange.ca](http://www.thekindexchange.ca)  
Buys quality used clothing and donates a portion of the proceeds.

**RECYCLE ELECTRONICS** – [RecycleYourElectronics.ca/drop-off-locations](http://RecycleYourElectronics.ca/drop-off-locations)  
Safely recycles old electronics and keeps them out of the landfill.

**DONATE HOUSEHOLD GOODS** – Goodwill – [www.goodwill.on.ca](http://www.goodwill.on.ca)  
Use the Donation Centre Locator on the website or call 416-362-4711.

**RECYCLE HAZARDOUS WASTE**  **Community Environment Days**  
Call 311 or visit [www.toronto.ca](http://www.toronto.ca) to find the date of one near you

**SELL BOOKS** – BMV: Books, Music, Videos – [www.bmvbooks.com](http://www.bmvbooks.com)  
Pays cash for selected current books in good condition: 416-482-6002.

**DONATE COMPUTERS** – Reboot Canada – [www.rebootcanada.ca](http://www.rebootcanada.ca)  
Refurbishes and redistributes or recycles old computers: 416-419-4345.

**SELL SPORTS EQUIPMENT** – Play It Again – [www.playitagainsports.com](http://www.playitagainsports.com)  
Buys old sports equipment, if still in good condition: 416-690-0666.

**SELL BABY EQUIPMENT** – Wee Cycled – [www.weecycled.com](http://www.weecycled.com)  
Sells second-hand baby equipment on consignment: 905-456-9220

# How to De-Clutter Your Living Space

Set aside 15 minutes a day to de-clutter and start small. Pick one chair or one table to clear off at a time instead of trying to tackle the entire mess all at once. This way you will see progress and be inspired to carry on.

Some people find it helpful to use the “OHIO Rule” when de-cluttering a very messy space. OHIO stands for “Only Handle It Once” and means that when you pick something up you should try to make a decision about it right away: discard it or put it where it belongs. This will help keep you from falling into the time-wasting trap of moving things from one pile to another and back again.

Try to make decisions about mail and newspapers and flyers on the day that it arrives, instead of letting these papers pile up. Post a “No Flyers” notice on your mailbox or keep a recycling bin next to it so you can sort right away.

Try to be honest with yourself about broken items and unfinished projects: if it's still broken or unfinished after a year, consider donating it to a charity and letting somebody else take it on.

## Some Upcoming Community Environment Days

**Saturday June 7th – 10-2:00**  
Agincourt Mall parking lot

**Saturday June 21st – 10-2:00**  
Dieppe Park on Cosburn

**Saturday July 5th – 10-2:00**  
Dufferin Mall parking lot

**Saturday July 12th – 10-2:00**  
Malvern Community Centre





# Not Far From the Tree

Last year the volunteer group “Not Far From the Tree” picked the fruit off 355 trees in Toronto – fruit that would otherwise have gone to waste!

Instead of letting fruit rot on the ground, a homeowner who can't harvest their own, can now call this group to do the work for them. The fruit is shared three ways: one third goes to the volunteers, one third is offered to the homeowner, and one third is delivered to food banks, shelters and community kitchens in the neighbourhood.

Fruit is picked all over the GTA and includes sweet cherries, sour cherries, mulberries, serviceberries, crab apples, apricots, peaches, plums, apples, pears, dog-wood cherries, grapes, ginko and walnuts!



For volunteer information visit

[www.notfarfromthetree.org](http://www.notfarfromthetree.org) or call 647-774-7425.

## RECIPE Diabetic-Friendly Blueberry Cobbler

### Filling:

- 3 Tbsp sugar
- 1 Tbsp cornstarch
- ¼ cup water
- 1 pound fresh blueberries
- 1 ripe medium pear, peeled & diced
- 1 Tbsp lemon zest

### Topping:

- ¾ cup white or whole-wheat flour
- 2 ½ Tbsp sugar
- 1 tsp baking powder
- ½ cup fat-free buttermilk
- 2 tbsp canola oil
- 1 egg white
- 1 tsp lemon zest
- ¼ tsp cinnamon

### Instructions

- Preheat oven to 400°F / 200°C
- Coat an 11 × 7-inch baking pan with canola oil cooking spray.
- Combine sugar, cornstarch, and water in a large saucepan. Stir until cornstarch is completely dissolved, then stir in berries and pears. Bring to a boil over medium-high heat and boil 1 full minute. Remove from heat and stir in 1 tablespoon zest.
- Place fruit mixture in the baking pan.
- Combine flour, 2 tablespoons of the sugar, and baking powder in a medium bowl. Combine buttermilk, canola oil, egg white, and remaining 1 teaspoon zest in a small bowl.
- Add buttermilk mixture to flour mixture and stir until just blended.
- Spoon batter into eight small mounds on top of the filling (to make 8 servings).
- Mix remaining sugar with cinnamon and sprinkle on top of cobbler.
- Bake 20-25 minutes or until filling is bubbly and a wooden pick inserted into the topping comes out clean.
- Let stand 20 minutes to absorb flavors.

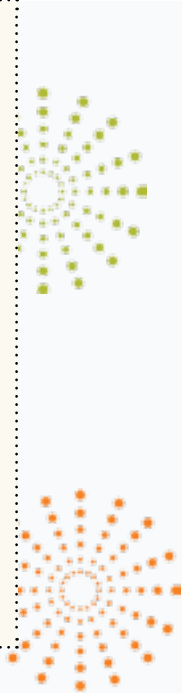
Reprinted with permission from the Canadian Diabetes Association website





**Aboriginal History Month  
CELEBRATION**  
at Dundas Square – JUNE 26<sup>th</sup>

Native Canadian Centre of Toronto will be holding their 5th annual Aboriginal History Month Celebration at Yonge & Dundas Square on Thursday June 26th from noon to 8 pm. The free entertainment this year includes the Métis Fiddler Quartet, Digging Roots, and Derek Miller. There will also be an arts & crafts tent for kids and many art vendors' booths.



**Aboriginal Month Celebrations  
in the Terrace Courtyard**

The Spadina Branch of the Toronto Public Library will be hosting two events in the courtyard of Wigwamen Terrace in June. On June 12th NishDish Catering will be providing a cooking demonstration and samples of elk sausages. On June 19th ImagineNative will be screening short films by youth in the community.

**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.

**DISCOUNTS ON PET PRODUCTS  
AND SERVICES**



The BluePaw Pet Licensing Rewards program offers members' discounts on pet-related products and services. To see a list of the participating retailers, go to the City of Toronto website or call 311 for a map. To become a member, all you have to do is license your pet.

Pet licensing fees help Toronto Animal Services reunite owners with their lost pets. Last year over 2,200 pets were returned to their owners. The fees also help pay for pet adoption services and the medical care and spaying/neutering of homeless animals.

The cost of licensing spayed or neutered pets in 2014 is as follows: dogs \$25 (senior's pay \$12.50); cats \$15 (seniors pay \$7.50). For more information call 311 or visit [www.toronto.ca/bluepaw](http://www.toronto.ca/bluepaw)

**JUNE IS ALSO SENIORS' MONTH!  
CHECK OUT THESE FREE EVENTS:**

- ◆ **JUNE 3RD - TORONTO SENIORS FORUM**  
FAIR WITH BOOTHS & DISPLAYS  
TORONTO CITY HALL, 11:30 TO 2:00
- ◆ **JUNE 6TH – OLDER WOMEN'S NETWORK**  
SENIOR WOMEN'S AFTERNOON AT THE MOVIES  
TORONTO REFERENCE LIBRARY, 2:00
- ◆ **JUNE 12TH - TORONTO POLICE & FIRE**  
YOU MAY BE A TARGET, BUT DON'T BE A VICTIM  
CEDARBRAE PUBLIC LIBRARY, 1:30

**When you pay your rent on time you are automatically entered into Wigwamen's Zero-Balance Raffle for a \$50 GIFT CARD.**

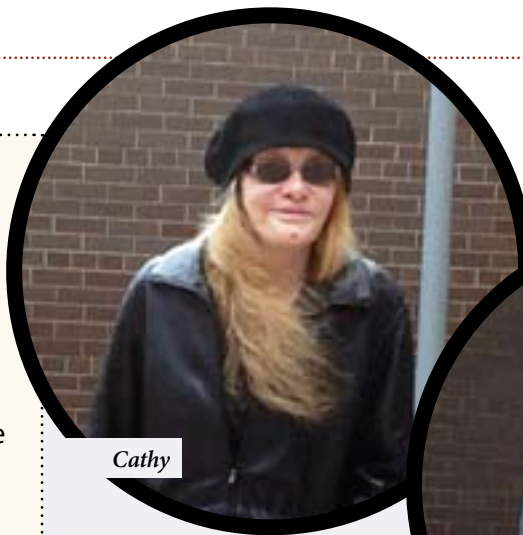
Tenants who have signed up for the Pre-Authorized Payment Program never forget to pay on time and their names are automatically entered into the draw each month. For information about Wigwamen's Pre-Authorized Payment Program, speak with your building manager or call Jodi at Head Office.

For information about the following Wigwamen tenant programs and contests, contact Amber Seager at 877-803-0222 x222 or 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

**SCHOLARSHIP APPLICATION PACKAGES** for Wigwamen's 8th annual Post-Secondary Scholarship have just been mailed out: watch your mailbox and remember to apply by the deadline!

*Congratulations to recent Zero-Balance Raffle winners:*



Cathy



Francis



Muriel



Pamela

## First Nations Day

Wigwamen's Head Office and the Management Offices of the Sewells Road, Galloway Road and the Terrace will be closed on Friday June 20th in recognition of First Nations Day on Saturday June 21st.

## 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 emergency (a flood, or a heating failure, for instance), please call 416-481-4451.



## 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:**



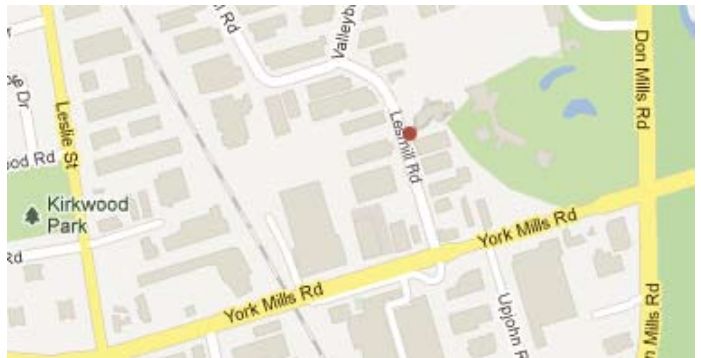
**In person:** at Housing Connections,  
176 Elm St., near Dundas & University;  
**By mail:** call 416-981-6111 to request; or  
**Online:** at [www.housingconnections.ca](http://www.housingconnections.ca)

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: 416-481-4451  
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.

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

### MEEGWETCH

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