



## *Flower Power Contest and Wigwamen Scholarship Winners Announced*



Bill Kinoshameg, the President of Wigwamen's Board of Directors, helped to judge the Flower Power Contest this year. The committee visited beautiful gardens created by Wigwamen tenants all across the city and took on the difficult task of selecting the winners (see page 5).

Bill also presented the Wigwamen Post-Secondary Scholarships to this year's winners at the 14th Annual Tenant Picnic. Standing to the right is Robert Fenn. It was a generous donation from him and his wife, Kelly, which helped to fund the scholarships this year. Congratulations to Christina,

Emily, Nasrullah, Sheena and Desnee (from left to right). And also to Sadia, who was unable to attend the picnic.

Bill has been a Wigwamen Board member since 1977, and our President since 1995. He has always encouraged Wigwamen's educational initiatives, from the scholarships for the older tenants, to the Kids' Book-of-the-Month program and the Back-to-School Packs for the younger ones. Any tenants who would like more information about these programs can contact Amber Seager at 888-248-2104, extension 222.





# Pay Day Loans Make Matters Worse: There Are Better Options!



Credit Canada Debt Solutions is a well-respected non-profit charity that has been providing free credit counselling since 1966. To find out how they might be able to help you, call 1-800-267-2272 or visit [www.creditcanada.com](http://www.creditcanada.com)

St Christopher House's excellent, free, Financial Advocacy and Problem-Solving program (FAPS) and services are now offered in Scarborough (416-803-7836) and Jane & Finch (416-663-2733); as well as Parkdale (416-848-7980). They can help you make informed financial decisions by providing support, information, resources and training.

For more details, or to see their page of FAQs, visit [www.stchristhouse.org/adults/financial-advocacy](http://www.stchristhouse.org/adults/financial-advocacy)

The Toronto Public Library offers Financial Literacy Workshops in many of its branches. On **October 22nd at 1:00** at the Main Reference Library at Yonge north of Bloor there will be a **free workshop on Personal Finance** that will teach participants how to create a budget, understand credit, and protect themselves from fraud. To find out about other workshops at local branches, visit [www.tpl.ca](http://www.tpl.ca), click on "programs & classes", and then on "personal finance" or call 416-393-7131.

## Pumpkin Spice Cookies: A Diabetic-Friendly Fall Treat

3/4 cup pumpkin puree	2 cups cake flour
3/4 cup packed brown sugar	1 teaspoon ground cinnamon
1/2 cup plain yogurt	1/2 teaspoon ground ginger
2 tablespoons canola oil	1/2 teaspoon baking soda
1 teaspoon vanilla	1/2 teaspoon salt
1 cup raisins (optional)	1/4 teaspoon ground allspice
	1/4 teaspoon ground nutmeg

### Instructions

1. Preheat oven to 350°F.
2. Mix wet ingredients and sugar in a large bowl until smooth.
3. Mix dry ingredients in another bowl.
4. Add the dry ingredients to the wet, mixing just until just blended.
5. Use a tablespoon to drop the batter onto a greased baking sheet, about 3 cm apart.
6. Bake about 15 minutes, until lightly brown. Cool on a wire rack.

(*Hint: you can buy spices a tiny bit at a time from the bulk bins at most health food stores.*)



## Voluntary Trusteeship Programs

If you or somebody you care about is having difficulty managing their money effectively, a voluntary trusteeship program might be a good solution. People living on pensions, welfare or social assistance, can apply to have a registered agency manage their finances and ensure that their rent and bills are paid, and their taxes are filed on time. This can significantly reduce stress and improve health and well-being. The following agencies all offer voluntary trusteeship programs, though each has their own client criteria, so you will have to find out if you qualify.

Evangel Hall • 552 Adelaide Street West  
416-504-3563 • [www.evangelhall.ca](http://www.evangelhall.ca)

St. Stephen's Community Centre  
260 Augusta Ave 416-964-8747  
[www.ststephenshouse.com](http://www.ststephenshouse.com)

Agincourt Community Services Association  
4155 Sheppard Ave East • 416-321-6912 x 247  
[www.agincourtcommunityservices.com](http://www.agincourtcommunityservices.com)



# FREE CONCERTS

September 27th



Koerner Hall Free For All is an event that opens up one of Toronto's most respected concert halls to all performers and all music fans for the day. At this event, any musician can perform for up to 5 minutes on Koerner Hall's world famous stage for 5 minutes. The music will be presented in two parts: acoustic performances from 12 to 3:00; and amplified performances from 5 to 8:00. Audience members can come and go as they like, so it's a great opportunity to stop in and see this beautiful theatre, located at 273 Bloor Street West, near Avenue Road. To find out how to register to perform, visit: [http://performance.rcmusic.ca/event/free\\_for\\_all](http://performance.rcmusic.ca/event/free_for_all)

## SISTERS IN SPIRIT VIGIL



*to honour the lives of  
missing and murdered  
Indigenous women  
and girls*

Saturday October 4th  
6:30 to 8:30 pm  
Allan Gardens Park

Native Women's Resource Centre  
416-963-9963 • [www.nwrct.ca](http://www.nwrct.ca)

## FREE DOCTORS HOUSECALL SERVICE



This new service arranges free doctor's housecalls for Toronto residents who need medical care, providing they have OHIP coverage. Their doctors currently serve the area from Dufferin to Bayview and Glencairn to Lakeshore. They will visit from 6:00 to 9:00 on weekday evenings and 11:00 am to 9:00 pm on weekends. The call centre is open 24 hours: 1-877-888-8300. The website address is [www.torontohousecalls.com](http://www.torontohousecalls.com)



### 25th Annual Free Community Book Festival

September 21 – 11:00 to 6:00 – Queen's Park Circle

[www.thewordonthestreet.ca](http://www.thewordonthestreet.ca)

## DON'T FORGET TO VOTE



During the campaign leading up to the **October 27th** municipal election, ask your candidates what they would do to help the 90,000 households on the waiting list for social housing in Toronto.

To vote, you must be Canadian, 18 years or older, and residing in Toronto. To confirm that your name is on the voters list, call 416-338-1111 or visit [www.toronto.ca](http://www.toronto.ca)

## Learn 4Life CLASSES FOR ADULTS

The Toronto District School Board has been teaching adults for more than 160 years and almost 30,000 adult learners per year attend general interest courses in their schools during the day, in the evenings and on weekends. The cost of these classes is very reasonable and the variety of courses on offer is incredible.

Registration for the winter term starts in November. Visit <http://www.tdsb.on.ca> and click on "adult learners" to see the catalogue or call 416-338-4111 to request that one be mailed to you.



## Congratulations to *Flower Power* Contest Winners:

- \$200 - Qin & Wang & Luan
- \$100 - Canto
- \$75 - E & M
- \$50 - Dostert
- \$50 - Siddiqi
- \$50 - Wiszniowski & Henry
- \$50 - Lessard & Baise



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

For information about these Wigwamen tenant programs and contests, contact Amber Seager at 877-803-0222 x222 or aseager@wigwamen.com

*Congratulations to recent Zero-Balance Raffle winner, Rubin.*



## MEMORY, MEANING-MAKING & COLLECTIONS PROJECT



Seniors from the community continue to meet at Wigwamen Terrace twice a month to handle, examine and share stories about historical crafts and artifacts from the Native Canadian Centre's collection. Some participants in the History Project are now planning a trip to visit the collection at the Smithsonian Institute in Washington. For more information about this exciting project, watch the video at

[www.indiegogo.com/projects/memory-meaning-making-and-collections](http://www.indiegogo.com/projects/memory-meaning-making-and-collections) or contact Amber Sandy at the NCCT – 416-964-9087.

## 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.

## 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:**



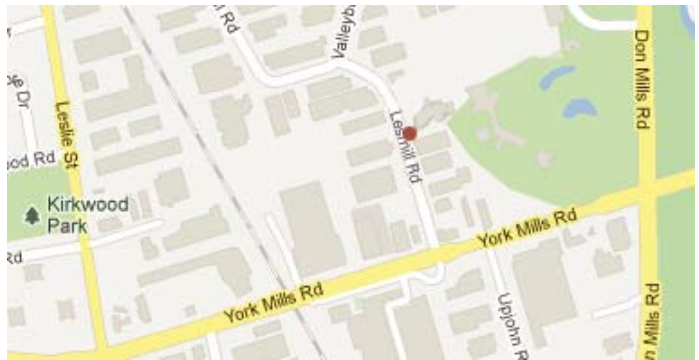
**In person:** at Housing Connections, 176 Elm St., near Dundas & University;  
**By mail:** call 416-981-6111 to request; or  
**Online:** at [www.housingconnections.ca](http://www.housingconnections.ca)

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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