



160 Kenwood: Before, During and After...



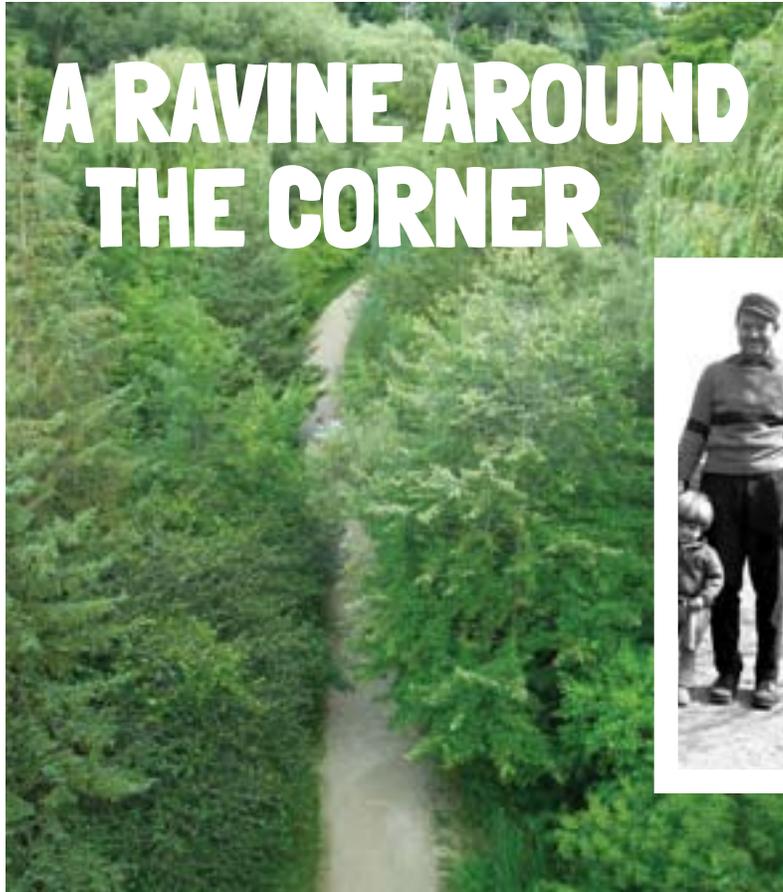
This fall, nine brand-new affordable housing units will be ready for rental near Bathurst and St. Clair.

Wigwamen began planning this project in 2008 and now, with the support of the provincial government, the City, and Miziwe Biik Development Corporation, the building is almost complete. There will be three bachelor units, three one-bedroom units, and three two-bedroom units in the new building.

The neighbourhood that 160 Kenwood is located in is called Cedarvale, after a beautiful ravine that runs through the

area. The boundaries of the neighbourhood are Bathurst, Oakwood, St. Clair, and Eglinton. Kenwood runs north and south, parallel to Vaughan Road, and number 160 is a 10-minute walk north of St. Clair.

Hillcrest Community Centre is a 15-minute walk away, south on Vaughan Road, and it has an indoor pool (416-392-0746). The Phil White Arena for hockey and free skating is a 5-minute walk north (416-394-2734); and the excellent Forest Hill Branch of the Toronto Public Library is a 30 minute walk, or a 6-minute ride on the Bathurst bus (416-393-7706).



Wigwamen’s new apartments on Kenwood are just a 5-minute walk from one of Toronto’s nicest parks. In addition its famous biking and hiking trails, Cedarvale Park also has a large off-leash dog area, a baseball diamond, tennis courts, a soccer pitch and – in the winter – an outdoor skating rink and excellent tobogganing down the steep slopes of the ravine.



Cedarvale Park has an interesting history. It was the favourite hiking place of the famous **writer Ernest Hemingway** when he lived in Toronto in the early 1920s. It was a cow path at the time and Hemingway and his wife had an apartment nearby.

The ravine wetlands were scheduled to be destroyed as part of developments related to the Spadina Expressway extension, but the area was saved by environmental activists in the 1960s and ‘70s. An environmental education program called “Families in Nature” now continues this tradition. Over 300 volunteers from the community are involved in educating the public and maintaining the trails through the Cedarvale Ravine.

The Stop’s Farmers Market at Wychwood Barns

Not your average food bank, The Stop Community Food Centre aims to fight poverty and hunger by involving participants in the program at all levels. Everybody contributes, decides – and eats – the front-line volunteers, committee members, gardeners and the cooks. The idea is that this participation can help reduce the stigma and divisions that charity can create. They serve low-income, homeless or marginally-housed community members who live between Bloor, St. Clair, Dovercourt, and Runnymede.

The Stop operates many projects and programs – too many to list here – but perhaps the most well-known at the moment is the Farmers’ Market at Wychwood Barns. Every Saturday morning, from 8:00 ‘til noon, twenty Ontario farmers and twenty non-farmer vendors set up booths at 601 Christie, near St. Clair – a 10 minute walk south of 160 Kenwood. There is always live music and a festive atmosphere. The Stop Market Café serves healthy snacks and meals prepared from the organic produce brought by the farmers that week.

For more information about The Stop Community Food Centre and their many projects, visit <http://thestop.org>





PLEASE DO NOT FEED PIGEONS, SQUIRRELS, GEESE, RACCOONS...

- ◆ HUMAN FOOD IS NOT GOOD FOR ANIMALS.
- ◆ ANIMALS THAT DEPEND ON HUMANS FOR FOOD LOSE THE ABILITY TO CARE FOR THEMSELVES.
- ◆ NOT JUST "CUTE" ANIMALS WILL BE ATTRACTED TO THE FOOD YOU OFFER: PESTS WILL FOLLOW.
- ◆ ANIMAL FECES CAN BE HARMFUL TO CHILDREN AT PLAY.
- ◆ FEEDING ANIMALS NEAR ROADS INCREASES THE RISK OF ACCIDENTS.
- ◆ FEEDING ANIMALS CAN PUT THEM AT RISK BY MAKING THEM FEARLESS OF HUMANS AND THEIR PETS.
- ◆ CLOSE CONTACT WITH WILD ANIMALS PUTS HUMANS AT RISK OF CATCHING DISEASES AND PARASITES.

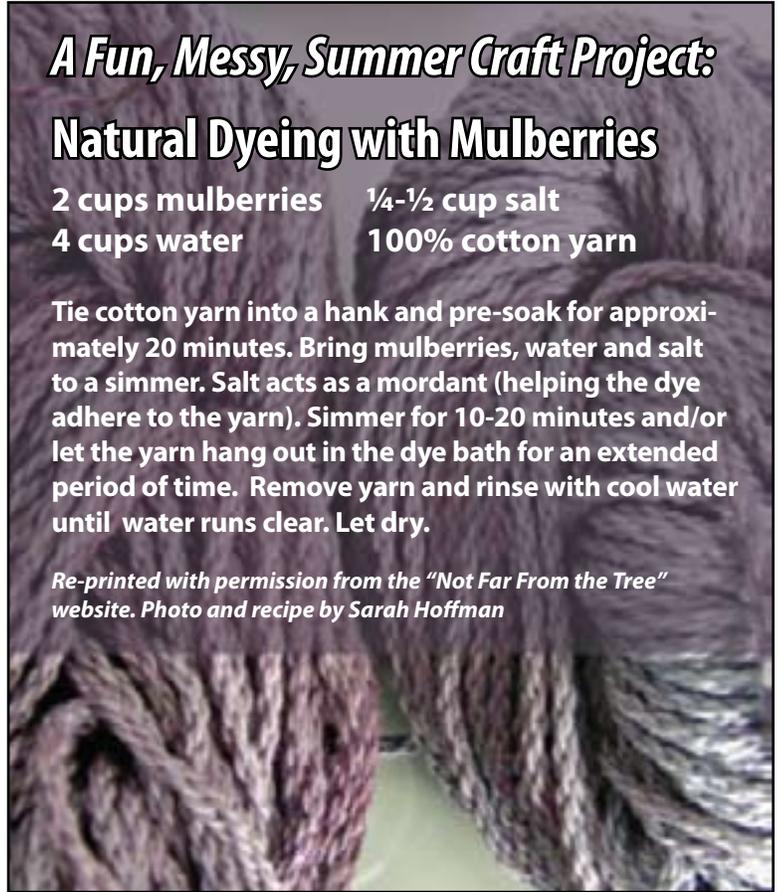
A Fun, Messy, Summer Craft Project:

Natural Dyeing with Mulberries

2 cups mulberries ¼-½ cup salt
4 cups water 100% cotton yarn

Tie cotton yarn into a hank and pre-soak for approximately 20 minutes. Bring mulberries, water and salt to a simmer. Salt acts as a mordant (helping the dye adhere to the yarn). Simmer for 10-20 minutes and/or let the yarn hang out in the dye bath for an extended period of time. Remove yarn and rinse with cool water until water runs clear. Let dry.

Re-printed with permission from the "Not Far From the Tree" website. Photo and recipe by Sarah Hoffman



Homemade Iced Tea

A Refreshing, Low-Cost Substitute for Soda

Instructions

Brew half-a-pot of black tea, double the strength that you usually like. Add sugar, honey, or sugar substitute to taste. Add the juice of half a lemon. Fill with cold water. When the pot has reached room temperature, store tea the in fridge. Keeps for two days. Serve with lots of ice and a lemon slice. Or...

Brew half a pot of mint tea, stronger than you usually like. Use a handful of fresh mint leaves or a couple of dried mint tea bags. Add sugar, honey or sugar substitute to taste. Fill with cold water. When the pot has reached room temperature, store tea in the fridge. Keeps for two days. Serve with lots of ice and a sprig of fresh mint.





ROM WALKS



Every summer, the Royal Ontario Museum offers free 2-hour walking tours through interesting historical areas of Toronto. No reservation is necessary. Just show up at the starting point a few minutes early and look for the expert guide's signature purple umbrella. Tours are every Sunday at 2:00 and Wednesday at 6:00 until mid-October. For tour descriptions and starting points, download the ROM Walks brochure from the museum website, www.rom.on.ca, or call 416-586-8097.

ABORIGINAL STUDENT SCHOLARSHIP

Aboriginal post-secondary students living in non-profit housing in Ontario can apply for a Kathleen Blinkhorn **Scholarship of \$1,000 to \$2,500**. Both full-time and part-time students are qualified to apply. Visit www.onpha.on.ca/kblinkhorn for details or call 1800-297-6660 x116. **The deadline for applications is August 22nd.**

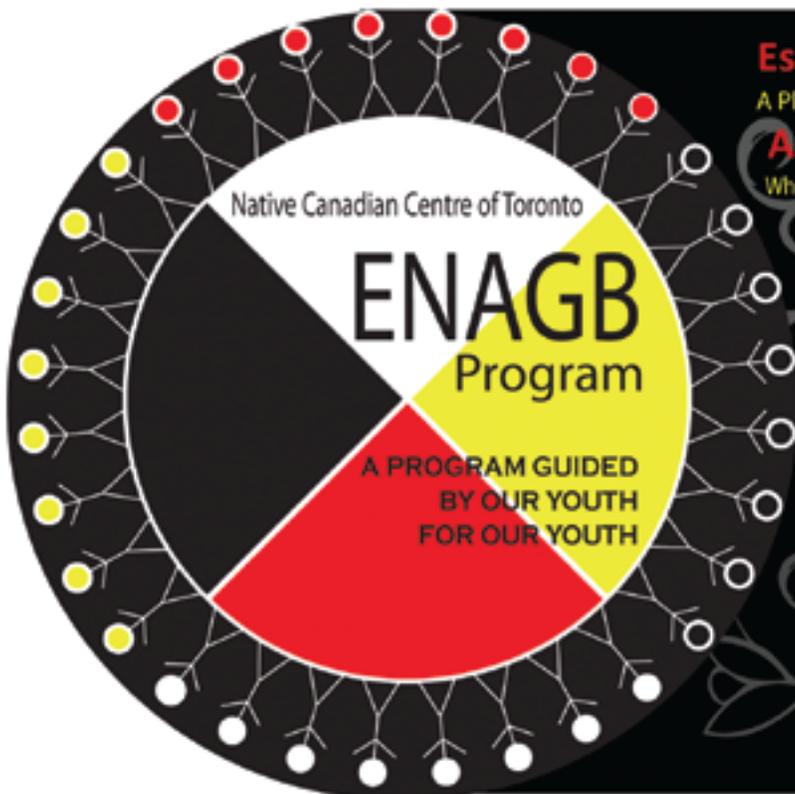
FREE ACCESS TO A REGISTERED NURSE

24-HOURS A DAY TELEHEALTH ONTARIO 1-866-797-0000

This confidential telephone service lets you speak with a registered nurse any time of day or night. You should still call 911 in an emergency, but if it's not clearly an emergency, a Telehealth nurse can help you decide whether to care for yourself, make an appointment with your doctor, go to a clinic, contact a community service, or go to a hospital emergency room. And you don't need an OHIP card to call.

BBQ Season Safety Warnings

Food poisoning sickens thousands of people every year and most cases of food poisoning are caused by eating food which has been out of the fridge for too long. Also, the "best before" date is no protection if the meat has been contaminated with juices leaking from an older package. Seniors and children are more easily poisoned: meat that doesn't make a healthy young adult sick, can still seriously harm an elder or child. It is dangerous to buy meat from unlicensed distributors.



Eshkiniigjik Naandwechigegamig

A Place for Healing Our Youth — serving youth ages 16-24.

Aabiish Gaa Biinjibaaying?

Where did we come from? — serving youth ages 12-18.

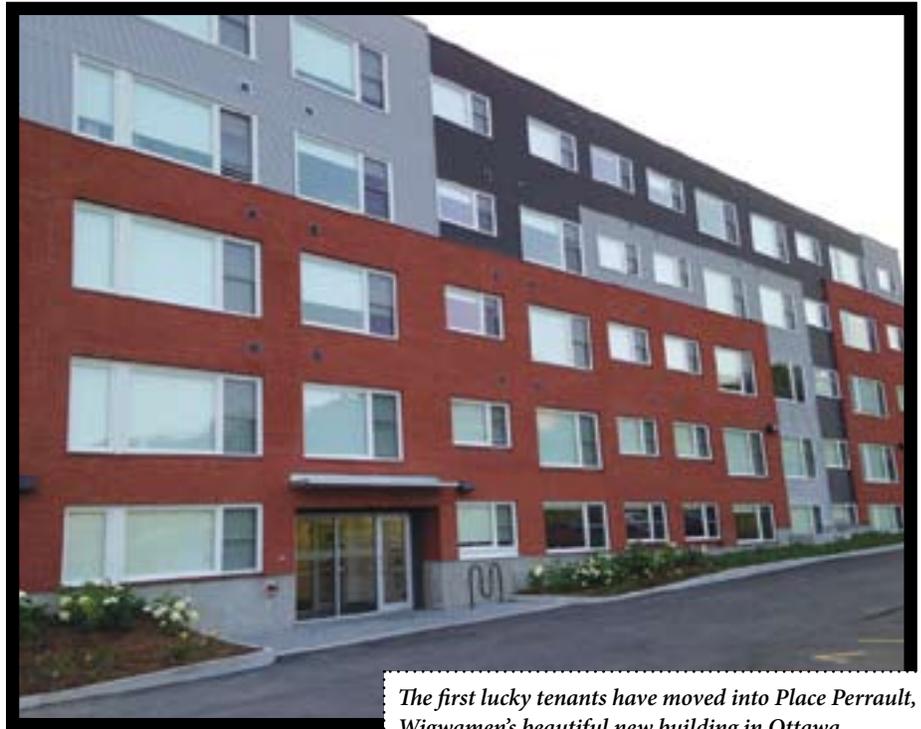
This unique combination of programming provides Anishinaabek youth mental health and addictions support through plan management, assessment, and referral. Programming is founded in a traditional cultural matrix of healing, and includes artistic expression, language, support circles, elder knowledge and outdoor experiential programming. Additionally we now have an Aboriginal Transitional Housing Support Program.

Please contact for further information
416-964-9087 Ext 224 or
visit: www.enagb.ca

WIGWAMEN TENANT BBQS

The Tenant Picnic for Terrace residents and the tenants of Wigwamen’s houses will be held on Saturday **August 23rd**, 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 Saturday, **September 13th**.



The first lucky tenants have moved into Place Perrault, Wigwamen's beautiful new building in Ottawa.

- ◆ 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

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/
- ◆ 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

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: 416-481-4451
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:

Jodi Hetherington, Sarah Hoffman, Mary Beth Menzies,
Peter Neeganagwedgin, Angus Palmer, Alla Ponomarenko,
Dritan Sahatci, Amber Seager, Lynne Vallis

Published in July 2014 by Wigwamen Incorporated.
Printed on FSC-certified recycled paper.
© Wigwamen Incorporated