



# WIGWAM TO WIGWAM

YOUR HOUSE TO HOUSE NEWS

VOLUME 15.06



*Congratulations to Jodi on 25 years of service to Wigwamen!*

In 1989, the the Berlin Wall fell, Roseanne was the most popular show on TV, almost everyone had big hair and shoulder-pads - and Jodi started working for Wigwamen! As Tenant Relations Officer she is especially well-known to the tenants of Wigwamen's 214 Family Housing Units. We are enormously grateful for her years of hard work and dedication. 🏠





## Keep Walking, But Safely Indoors

Just because the weather outside is frightful doesn't mean that your good walking habits have to fall by the wayside. There are plenty of places to walk for exercise safely indoors. Many community center gyms have tracks, but that can quickly get boring. You might want to try a shopping mall route instead.

PATH is an underground walkway linking 30 kilometres of shopping, services and entertainment downtown. There are more than 125 entrances and 60 intersections where you can decide between turning left or right, or continuing straight on – so it shouldn't get boring all winter. You can download a map, with all the entrances and subway stops along the route, from [www.toronto.ca](http://www.toronto.ca) Or, to request that a map of PATH be mailed to you, call 416-392-1005.



## Barley & Split Pea Soup

*Diabetic-Friendly*



2 cups green split peas  
(rinsed & drained)  
3 carrots (chopped)  
3 stalks celery (chopped)  
1 onion (chopped)  
12 cups chicken or  
vegetable broth  
1/2 cup pearl barley  
(rinsed & drained)  
1 bay leaf and salt &  
pepper, to taste  
2 cloves crushed garlic  
(optional)  
2 teaspoons canola oil  
2 onions (chopped)  
1/4 cup chopped fresh dill

### Instructions

*In a large pot, add peas and veggies to broth and bring to a boil.*

*Stir in barley, bay leaf, and garlic, and reduce heat.*

*Simmer, partly covered, for 2 hours, stirring occasionally.*

*Heat oil, and fry the remaining 2 onions until brown.*

*Add onions and dill to soup and simmer for 5 to 10 minutes.*

*Remove bay leaf. If the soup gets too thick, add a little water or broth.*

*Add salt and pepper to taste.*

*This hearty winter soup freezes well.*

## DJ SKATE NIGHTS at Harbourfront



This season's popular Saturday DJ Skate Nights will begin again at Harbourfront on December 13th.

Admission is free, the DJs are well-known, and the sound system is excellent. For details, visit [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com) or call 416-973-4866.

## Where to Find or Trade-In Used Ice Skates

*If you don't get lucky at your local Goodwill or Value Village, try one of these...*

### Play It Again Sports

2488 Gerrard Street East (near Victoria Park)  
[www.playitagainsportssc Scarborough.com](http://www.playitagainsportssc Scarborough.com)  
416-690-0666

### Newson's Skate Exchange

612 Jane Street (near Dundas)  
[www.newsons.ca](http://www.newsons.ca) • 416-762-9976

### Toronto Hockey & Sports Store

1592 Bloor Street West (also near Dundas)  
[www.torontohockeyrepair.com](http://www.torontohockeyrepair.com)  
416-533-1791

### Millwood Shoe Repair & Skate Exchange

706 Millwood Road (near Bayview)  
[www.millwoodshoe.ca](http://www.millwoodshoe.ca) • 416-485-7855



*First snowfall of the season on the Terrace rooftop garden.*



# Competition Pow Wow Planning by Native Youth



The ENAGB youth program will be hosting a Competition Pow Wow in 2015. There will be bi-weekly planning sessions for the event and all youth who want to be involved are welcome to attend and be a part of the volunteer planning committee. Tokens and food will be provided to planning committee members.

And this project is just one of many of the exciting activities that this busy group is involved in at the Native Centre.

They're engaged in cultural activities like stone carving, ribbon shirt making, drum bag making; as well as practical workshops in workplace skills training and certification. The group also goes on outings to see movies, plays and concerts.

ENAGB means "Eshkiniigjik Naandwechigegamig" (A Place For Healing Our Youth) and "Aabiish Gaa Binjibaaying?" (Where Did We Come From?) Visit [www.enagb.ca](http://www.enagb.ca) or contact Alyssa for more information at 416-964-9087 (x 326).

## HALF OF ALL ADMISSIONS OF SENIORS TO LONG-TERM CARE FACILITIES ARE FALL-RELATED

### *Here Are Some Tips for Reducing the Risk of Falls*

- Don't stand on furniture to reach high shelves: ask for help.
- Only use a stable, non-slip, step stool if you must climb.
- Remove throw rugs, or use only ones with a non-skid backing.
- Avoid ill-fitting slippers, or ones with slippery soles.
- Put a bell on your pet's collar, so you're aware when they're under foot.
- Make sure your walking areas remain clear of clutter and cords.
- Keep your walking areas adequately lit: replace burnt-out light bulbs.
- Sit on the edge of your bed for a moment before getting up.
- Consider having a telephone by your bedside so you don't have to rush.
- Have your pharmacist review your medications if a new one is added.
- If you have been advised to use a cane or walker, remember to use it.



## Book-Lovers Take Note

The Toronto Public Library now has two used book shops, called Book Ends, staffed by "Friends of the Library" volunteers. Prices range from \$.50 to \$5.00 with most items costing \$1.00. Some are books from the collection that are no longer needed, but there are also donations from individuals, publishers and institutions. One shop is located at 789 Yonge Street, just north of Bloor, and the other is at 5120 Yonge, right near North York Centre subway station. For opening times or information about how to volunteer or donate, call 416-393-7089.



# FREE SEASONAL CONCERT

at Roy Thomson Hall



On December 17th the award-winning Amadeus Choir of Greater Toronto will be giving a free concert at Roy Thomson Hall. The show begins at noon and seats will be available on a first-come-first-served basis. For more information, visit [www.roythomson.com](http://www.roythomson.com) or call 416-872-4255.

## FAMILY SUNDAYS AT THE DESIGN EXCHANGE



Fun, free, hands-on design activities are offered by museum staff from 1:00 to 4:00 pm. Theme: the politics of fashion. Note that children must be accompanied by an adult and only two adults get free admission with each child. Register by visiting [www.dx.org](http://www.dx.org) or calling 416-363-6121. The Design Exchange is located at 234 Bay Street, at Wellington in the historic Toronto Stock Exchange Building.



## ASPIRING WRITERS: PICK UP YOUR PEN AND CLICK HERE - [www.placesforwriters.com](http://www.placesforwriters.com)

This website features a complete, up-to-date, and very user-friendly list of grants, awards and contests for writers. It also includes calls for articles for books and magazines. It's an excellent source of information on Canadian publishers and writers organizations.

## REMEMBERING TORONTO'S INDIGENOUS & COLONIAL PASTS

Author and York University lecturer Dr. Victoria Freeman will be giving a free lecture at the Spadina Branch of the Toronto Public Library, Tuesday January 20th at 7:00 pm. For more information, visit [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) or call 416-393-7666.

## ZHIGIDMINAAN NDA-NIJAANSAG = GROWING TOGETHER WITH OUR CHILDREN

Aboriginal Women and Children's Apartments (AWCA) is a sister building to the Native Women's Transition House. Mothers and children who need a safe, stable, culture-based living environment can stay here for up to 18 months while they participate in programs for personal growth designed to ease the transition from homelessness to permanent housing. For more information ask a social worker or contact the Native Women's Transitional House at [416-517-2261](tel:416-517-2261).



## EXTREME COLD DANGER

Do you ever wonder what to do if you see somebody on the street who appears to be in need of help during a period of extreme cold? You can call 311 and they will send a Street Outreach Worker to offer them assistance. Homeless individuals can also call Central Intake at [416-338-4766](tel:416-338-4766) to find the closest available shelter bed.



## DO NOT FLUSH



Please never flush: dental floss, drugs, spoiled food, diapers, sanitary napkins, condoms or bandages down the toilet.

The only safe way to dispose of medications and vitamins is to return them to your pharmacy or take them to a Hazardous Waste Depot. Flushing medications down the toilet can endanger us all.

- ◆ 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

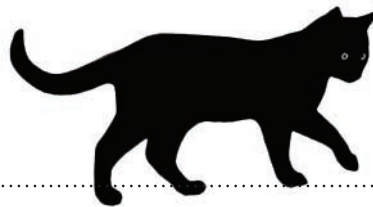
*Congratulations to recent Zero-Balance Raffle winner, Marcel.*



## STINKY CATS



One of the most common complaints that Jodi and the managers of Wigwamen's multi-unit buildings get, is about the smell of kitty litter boxes seeping into the common hallways. If you are a cat lover you may not even notice the aroma, but if you have a cat, please remember to clean the litter box regularly. Mixing a bit of baking soda in with the litter will help as well.



## 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:**



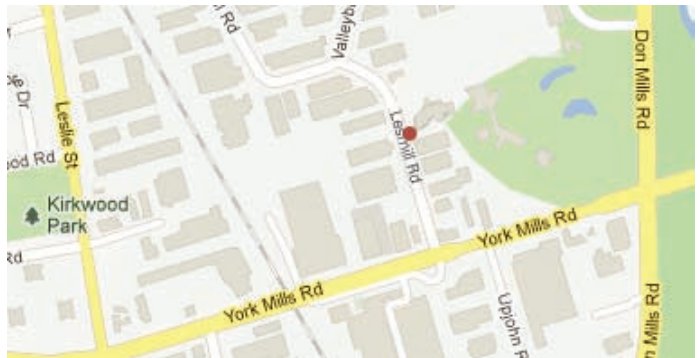
**In person:** at Housing Connections, 176 Elm St., near Dundas & University;  
**By mail:** call 416-981-6111 to request; or  
**Online:** at [www.housingconnections.ca](http://www.housingconnections.ca)

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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