



A rainbow seen from the roof garden of Wigwamen Terrace.

The winter solstice has passed and with it, we hope, the last of the power failures and the worst winter storms Toronto has experienced in decades. Many homes and gardens were damaged.

Sometimes the full effects of a winter storm don't become obvious until all the ice melts. If you discover any damage

where you live – broken fences, leaking pipes, cracked concrete – please contact Wigwamen's Head Office right away.

Fortunately, all of Wigwamen's buildings – The Terrace, Sewells Road and Galloway Road had heat and light throughout the holidays, but some of the family houses were not so lucky and lost power for some of the time.



Vulnerable Seniors



Ice storms and bitter cold can make life particularly difficult for frail seniors. If you are concerned about anyone elderly and house-bound who may not have enough support, you can help them by contacting the Community Navigation and Access Program. CNAP will help connect them with service providers in their community.

Call 1-877-540-6565 between 9 and 5:00, Monday to Friday, or e-mail from their website: www.cnap.ca

Waiting List Survey



More households than ever are waiting for rent-gear-to-income shelter in Ontario. A waiting list survey recently released by the Ontario Non-Profit Housing Association says that 3% of all households in the province are on waiting lists for affordable housing – over 158,000! This is a record number.

Protecting the Homeless

The Street Helpline service operates 24 hours a day to help homeless people and front-line workers know where to find shelter and other services.

Call 1-866-392-3777 for free from any pay phone.

“The People Have Spoken” – A Dialogue on Native Housing in Toronto

The Aboriginal Housing Support Centre is hosting a series of workshops across Toronto.

The next one will be held Monday February 10th from 1:00 to 3:00 at 145 Front Street East. For details call 416-281-2057 or visit www.aboriginalhsc.org



Winter Sore Throat Tea

- ◆ In a jar, combine lemon slices, honey and sliced ginger.
- ◆ Close jar and put it in the fridge. It will form into a “jelly”.
- ◆ To serve, spoon jelly into mug and pour boiling water over it.
- ◆ Store in fridge 2 to 3 months.

(Thanks to Sandy Costa for submitting this recipe.)





Support For Your “Get-Fit” New Year’s Resolutions

Toronto Community Rec Centres

Free Drop-In Fitness Classes
Call 416-338-4386 for details.

Native Canadian Centre of Toronto

Aboriginal Martial Arts
Call 416-964-9087 for details.

Toronto Council Fire

Moccasins Moving Forward
Call 416-360-4350 for details.

Anishnawbe Health Toronto

Physical Activities Workshops
Call 416-360-0486 for details.

Native Women’s Resource Centre

Metis Jigging Circle
Call 416-963-9963 for details.

“Dress for Success” Non-Profit Clothing Sales



People looking for work sometimes have difficulty finding the right clothes to “look the part” at interviews, or on the job before their first pay cheque is issued. Dress for Success is a non-profit organization that aims to help by providing suitable clothing at a low cost. All items are sold for \$2 each. Cash only.

Bring your own bags. Sales are held at 188 Lowther Avenue (near Bloor & Spadina) every second Saturday of the month from 9:00 am to 1:00 pm. For more information or other locations call 416-901-6022.

Minaake Awards - Honour Those Who Are Walking a Good Path

Nominations are being accepted until February 28th for the Native Women’s Resource Centre’s Minaake Awards - Community Achievement Awards for Aboriginal Women & Youth. You can download a nomination package from <http://minaakeawards.weebly.com> or call the NWRC for more information: 416-963-9963.



- JANUARY – Spirit Moon – Mnidoo-Giizis
- FEBRUARY – Bear Moon – Mkwa-Giizis
- MARCH – Sugar Moon – Ziisbaakdoke-Giizis
- APRIL – Sucker Moon – Namebine-Giizis
- MAY – Flower Moon – Waawaaskone-Giizis
- JUNE – Strawberry Moon – Ode’mini-Giizis
- JULY – Raspberry Moon – Mskomini-Giizis
- AUGUST – Thimbleberry Moon – Datkaagmini-Giizis
- SEPTEMBER – Corn Moon – Mdaamini-Giizis
- OCTOBER – Falling Leaves Moon – Binaakwe-Giizis
- NOVEMBER – Freezing Moon – Bashkakodini-Giizis
- DECEMBER – Little Spirit Moon – Mnidoo-Giisoons

(Reprinted with permission from Anishnawbe Health Toronto’s “Moontime” flyer.)



Free Talking Books & Players – Delivered to Your Door

Residents of Toronto who can't read to themselves because of a visual, physical or comprehension impairment can borrow Talking Books and DAISY Talking Book Players from the library for free. You must get an application form filled out by your doctor or social worker, but once you're signed up with your local library you can get packages of up to 20 Talking Books per month delivered directly to your home. Call 416-393-7131 for more information.

Fire Safety Notice for Multi-Unit Tenants

This is an important reminder for Wigwamen tenants who share common areas with neighbours.

For fire-safety, pest-control, and personal-safety reasons, all common areas must kept free of storage and clutter. That means no boxes in the laundry room, no bikes in the hallways, no cleaning equipment in the boiler rooms.

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.



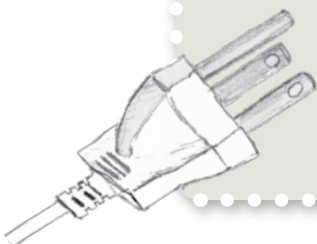
"The Christmas tree set up in the Galloway Road lobby by their superintendent, Mike, is always appreciated by the tenants."

Aboriginal History Project at Wigwamen Terrace

There's an exciting new event being held at Wigwamen Terrace. It's called the History Project and it's being presented by the Native Canadian Centre of Toronto and the University of Toronto's Faculty of Information. Historical crafts and artifacts from the NCCT's collection are brought out for participants to handle, examine and share stories about. The meetings are informal and fun. Anyone wanting to participate or know more about the project can contact Amber Sandy at the NCCT – 416-964-9087.

ENERGY EFFICIENCY COMPETITION

◆ Winners of Wigwamen's 2013 Energy Efficiency Competition will be announced in March 2014.





Zero Balance Raffle Reminder

In order to qualify for the monthly zero-balance raffle, your rent must be paid on the first of each month. The names of all tenants that have signed up for pre-authorized payment are automatically entered each month. To sign up for pre-authorized payment, contact Head Office or your building manager.

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

Congratulations to this years' Wigwamen Scholarship winners.

Board member Donna (left) with Sadia, Demario, and Wanda.



Board members Donna (left) and Bill (right) present awards to Ayesha, Emily's mom (Oriana), Kelly, and Morteza.



A Mouse in the House?

During the coldest months, rodents are always looking for ways to get shelter indoors and the smallest crack will give them access. And they reproduce quickly, so if you see evidence of tiny visitors, please inform Wigwamen before your little problem becomes a big one! To discourage pests keep food in airtight containers and dispose of garbage regularly.

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:



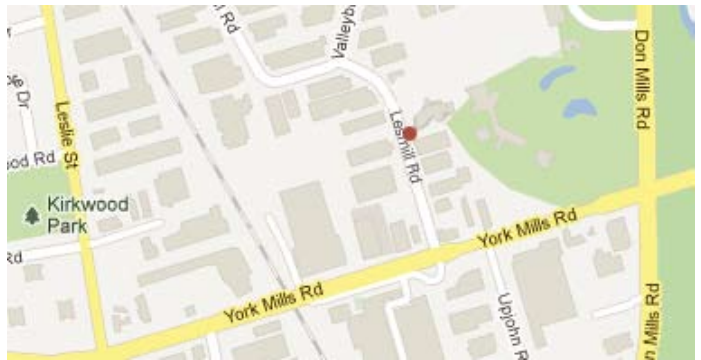
In person: at Housing Connections, 176 Elm St., near Dundas & University;
By mail: call 416-981-6111 to request; or
Online: at www.housingconnections.ca

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:

Elizabeth Else, Jodi Hetherington, Milroy Hoosein, Spenta Mazkoori, Mary Beth Menzies, Peter Neeganagwedgin, Angus Palmer, Alla Ponomarenko, Amber Seager, Lynne Vallis

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