



The first bloom on the Wigwamen Terrace rooftop last spring.

As we all await the first signs of spring, the minds of many of us turn to flowers and gardening. Inside this issue of Wigwam to Wigwam you will find tips on where to get free seeds and compost, and where to learn more about plants and gardening – including balcony horticulture.

START SEED SWAPPING & NEVER PAY FOR SEEDS AGAIN!

Since 2012 gardeners in Toronto have been able to “borrow” seeds from the The Toronto Seed Library for free. Once the season has ended gardeners “return” saved seeds from their gardens for others to use. The seeds you return do not have to be the same variety that you borrowed and there are no penalties for crop failures (or accidentally eating the seeds in your last tomato). There are now 14 branches of the TSL and thousands of gardeners sharing seeds across the city. For more information visit www.torontoseedlibrary.org

The TSL will be hosting a free **Seed Saving Workshop on June 2nd** from 7:00 to 8:00 pm at the Taylor Library, 1440 Kingston Road (near Warden). And Seeds of Diversity will be hosting a **Community Seed Swap on May 3rd** from 4:00 to 6:00 at the Jenner Community Centre in Thorncliff Park. For more information visit www.seeds.ca





Learn Gardening by VOLUNTEERING

The High Park Stewards hold sessions on the 2nd and 4th Sundays of each month (except December) from 10:30 to 1:00, rain or shine. In the spring and summer they meet in front of the Grenadier Restaurant and then proceed to the day's work sites. They protect and restore the natural areas of High Park to help the native plants and dependent wildlife survive. Training and tools are provided. Wear appropriate clothing and bring water. In the winter, their sessions are mostly educational and take place indoors. Visit www.highparknature.org for details or e-mail stewards@highparknature.org

The Eglinton Park Heritage Community Garden has been growing vegetables, fruit and flowers since 1995. They offer lots of free programming and many opportunities for volunteers. Volunteer gardening sessions take place on Wednesdays from 5:00 to 8:00 pm, from May to October, at 200 Eglinton Avenue West (between Avenue and Yonge). For more information contact Collette at www.torontogreen.ca/contact

The R.O.S.E. Garden, the "Roots of Scarborough East" community garden, consists of more than 30 plots allocated to residents of Kingston-Galloway for individual family and food bank use. To get involved call the Volunteer Coordinator, at 647-347-1693, drop in at The Storefront (4040 Lawrence East, near Galloway), or visit www.thestorefront.org

LEAF stands for Local Enhancement and Appreciation of Forests. To explain about the many ways to become involved as a volunteer with this busy non-profit, they host Volunteer Orientation Sessions twice a month. To find out about the next one, call 416-413-9244 x12 or visit www.yourleaf.org And if you're particularly interested in trees, LEAF also offer an in-depth, multi-day Tree Tenders Course for just \$50.

Grenadier Pond in High Park



The Dirt on FREE COMPOST

Adding compost to your garden improves the fertility of your soil and adds nutrients to your plants. The City of Toronto distributes gardening compost free of charge at their **Environment Day** events. But it's self-serve and you have to bring your own bags or buckets. To find out the date of the next one in your area, call 311, or visit www.toronto.ca and type "community environment days" in the search prompt.

These are just a few of the practical and inspirational books on gardening that are available through Toronto Public Library. Your local librarian can help you find one to help with your particular project.

Gardening in your apartment: creating an interior oasis,
by Gilly Love

The urban gardener: how to grow things successfully on balconies,
by Sonia Day

Easy growing: organic herbs and edible flowers from small spaces,
by Gayla Trail

Town gardens: practical ideas for small spaces, by Valerie Bradley

Incredible edibles: 43 fun things to grow in the city, by Sonia Day

A little piece of earth: how to grow your own food in small spaces,
by Maria Finn Dominguez



RECIPES FOR PLANT-FRIENDLY OUTDOOR CLEANING SOLUTIONS

Get ready for spring! Scrub your porch! Clean your favourite garden chairs!

Don't try this if you have neighbours below you, but if you live in a house with a porch...



First remove everything from your porch; then sweep up the loose debris. Dampen the surface with water, dip a scrub brush or broom in your bucket of cleaning solution and scrub towards the exit. Rinse with clear water and then wait for the porch to air dry. Return your furniture. None of these recipes will damage wood, concrete, grass or plants.

RECIPE 1

3 tablespoons liquid dish soap
1 gallon (16 cups) of water

RECIPE 2

½ cup baking soda
1 gallon (16 cups) warm of water

RECIPE 3

2 cups *oxygenated* bleach
1 gallon (16 cups) water



FREE CYCLING EVENTS FOR RIDERS OF ALL SKILL LEVELS

Toronto Bicycling Network, or TBN, is the largest recreational cycling club in the GTA. It was founded in 1983 and is run solely by volunteers. They organize rides and events all over the city, including hands-on bicycle tune-up and safety workshops. The next one is scheduled for the evening of April 30th at Holy Spirit Catholic School, near Warden and Shepherd. It's a free event, but you have to register in advance on their website, where you can also find a complete calendar of their events - <https://tbn.ca>

FREE MAP OF TORONTO'S BIKE ROUTES AND TRAILS


The Toronto Cycling Map is available for free both in print and online. To ask for a copy to be mailed to you, call 311. To view it online, go to www.toronto.ca/cycling/map Bicycle shops and rental locations are also listed here.

CHEAP BIKE REPAIRS & FREE BUILD-A-BIKE PROGRAMS

Charlie's Freewheels, a project founded in memory of social activist and cyclist Charles Prinsep, offers bicycle maintenance training to youth from a storefront at 242 Queen Street East. The kids learn marketable skills, and customers (of all ages) are offered used bikes and bike repairs at very reasonable prices. Programs offered include Build-A-Bike, Earn-A-Bike, Girls' Build-A-Bike, Charlie's Racing Team and Charlie's Rides throughout the city. To find out more, visit www.charliesfreewheels.ca or call the shop at 416-546-2200.

WHERE TO BUY A USED BIKE

If you strike out at your local yard sales, Craigslist and Kijiji, try one of these shops that specialize in second-hand bikes:

 **Bike Pirates Non-Profit**
1416 Queen Street West
(Landsdowne & Queen)
<http://bikepirates.com/contact/>

 **Sandy's Bikes**
95 Research Rd
(Eglinton & Don Mills)
416-467-1035

 **Newson's**
612 Jane Street
(Jane & Dundas)
416-762-9976





ABORIGINAL AFFAIRS AWARD FOR VOLUNTEER WORK

The City of Toronto is honouring the volunteer work of individuals or organizations that contribute to the well-being of the Aboriginal community in Toronto, including "health, shelter work, street work, governance and self-determination, human rights or cultural activities". If you would like to nominate someone or an organization for this honour, phone 416-392-8592 or e-mail diversity@toronto.ca by the end of the day on May 11, 2015.

NEW BOARD MEMBERS FOR THE NCCT



The Native Canadian Centre of Toronto is seeking new volunteers for its Board of Directors. If you are interested, send your resume and a cover letter to president@ncct.on.ca

For more information, visit the Centre's website <http://ncct.on.ca> or call 416-964-9087.

FREE WORKSHOP FOR ONTARIO WORKS RECIPIENTS

A free haircut, new clothes suitable for a work environment, a gift bag of personal care items, and interview tips from a professional coach are all part of this day-long seminar offered by Suitable Impressions. There is also a financial literacy presentation and a talk by a certified image consultant. Visit www.windfallbasics.com for more information or ask your OW worker if you qualify for a referral.

ABORIGINAL STUDENT SCHOLARSHIPS



Aboriginal post-secondary students living in non-profit housing in Ontario can apply for one of five Kathleen Blinkhorn Scholarships of \$1,000 each. Both full-time and part-time students are qualified to apply. Visit www.onpha.on.ca/kblinkhorn for details or call 1-800-297-6660 x109. The deadline for applications is June 30, 2015.



SCHOLARSHIPS FOR STUDENTS WITH ARTHRITIS

Up to \$5000 may be awarded to successful applicants for these scholarships. The money can be used for tuition or educational materials. Students of any age, enrolled to study in a Canadian institution of higher learning, who "demonstrate academic ambition and embrace a way of life that goes beyond the bounds of living with inflammatory arthritis". For more information visit www.ucbeyond.ca The deadline for these scholarship applications is in June as well.

FREE HELP WITH DIGITAL DOWNLOADS



If you have a library card, you can bring a laptop, tablet, e-reader or smart phone to the library for a free one-on-one training session on how to download books, magazines, music and videos from the collection. To book a session, go to tpl.ca/bookalibrarian or call 416-393-7131.



Recent New Baby Gift Basket recipient...



SOPHIA



HEALTH & SAFETY REMINDER

Milder weather and longer evenings mean that outdoor play season is about to begin, so it's especially important to remember to clean up after your dog every time you go out.



FIRE SAFETY REMINDER

If you live in a multi-unit building, please remember that nothing may be stored in the common hallways and stairwells – including shoes!

- ◆ GIFT BASKETS FOR NEW BABIES
- ◆ CHILDREN'S BOOK CLUB
- ◆ BACK-TO-SCHOOL PACKS
- ◆ WIGWAMEN POST-SECONDARY SCHOLARSHIPS
- ◆ MONTHLY ZERO-BALANCE RAFFLE

ZERO BALANCE RAFFLE

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. 2015's first batch of winners will be announced in the next issue. For information about Wigwamen's Pre-Authorized Payment Program, speak with your building manager or call Jodi at Head Office.

For information about these Wigwamen tenant programs and contests, contact Amber Seager at 888-248-2104 x 222.

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 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** Incorporated provides safe and affordable housing to hundreds of Aboriginal and non-Aboriginal families, singles and seniors throughout Toronto and Ottawa.

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) 214 homes located throughout the GTA
- ◆ Place Perrault (41 units for individuals & families) 205 Eric Czapnik Way, Ottawa, K1E 0A5

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:



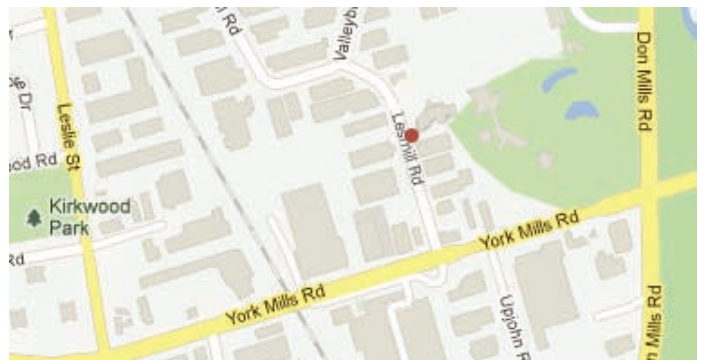
In person: at Housing Connections, 176 Elm St., near Dundas & University;
By mail: call 416-981-6111 to request; or
Online: at www.housingconnections.ca

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

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