



*Bingo players hoping for a big prize.*



*Fran ferrying seniors from the Terrace.*



**This year marks the 15th Annual Wigwamen Tenants' Picnic for Housing and Terrace tenants in Christie Pits park.**

Almost a generation of children have grown up enjoying this summer tradition of burgers and bingo in the park. Many Wigwamen staff members have attended every picnic; and Fran has been driving tenants with mobility challenges from the Terrace for close to a decade. The Sewells Road Tenant BBQ has been a valued tradition since that building opened in Scarborough as well. 🍔

*Wigwamen staff serving up burgers.*





# Help Make Affordable Housing

## AN ELECTION ISSUE

"Affordable housing is an investment in health promotion and illness prevention," according to the Canadian Medical Association. Yet Federal spending on affordable housing has been steadily dropping since 2003. Tell your candidates that Canada must re-invest in affordable housing.



Visit <http://housing4all.ca> for tips on what to ask the politicians campaigning in your neighbourhood. See their one-page, easy-to-read fact sheet full of current information and statistics

## CLIMATE CHANGE CAMPAIGN

**Step Up, Canada!** is a campaign to get our politicians to make climate change a priority. The goal is to send a strong message to our political leaders that we expect Canada to step up and take to meaningful action on climate change at the international negotiations in Paris in December. For information on how you can participate, visit [www.stepupcanada.ca/take\\_action](http://www.stepupcanada.ca/take_action) If you want to learn more about the issues or other campaigns around the world, the well-designed [www.350.org](http://www.350.org) website has lots of easy-to-understand and entertaining information about climate change.

### MAKE A SMALL CHANGE FOR THE CLIMATE TODAY

- ✓ Turn off your air conditioner, lights, fans and TV when you go out.
- ✓ Report a leaking faucet to Wigwamen's head office.
- ✓ Wait to do laundry until you have a full load.
- ✓ Remember to include plastic bags in your recycling bin: bread bags, shopping bags, bubble wrap can all be recycled now too. For a new poster, call 311.
- ✓ Buy some different coloured tea towels and use them instead of paper towels: one to dry dishes, one for fruit and veg, one for hands.

*Wondering what to do with your leftover corn on the cob?*



## Try this fresh corn chowder!

- cut the kernels off 4 large ears of sweet corn (fresh, cooked, or BBQ'd) and set aside
- chop 1 large onion and 1 stalk of celery and saute in a soup pot (in oil or butter) until tender
- peel and dice 1½ cups potatoes, add to onions, and stir

### add corn and:

- 1 cup water
- 2 low-sodium bouillon cubes
- 1/4 teaspoon dried thyme
- 1/4 teaspoon pepper



- bring to a boil and then simmer for 15 minutes or until potatoes are tender
- in a bowl, slowly add 3 cups of 2% milk to 6 table spoons all-purpose flour and mix well
- gradually add the milk mixture to the simmering soup and stir 2 minutes or until thickened

(Diabetic exchanges: 2 starch; ½ reduced-fat milk.)



## BACK-TO-SCHOOL RECYCLING

This year, instead of throwing away used pens, you can save them in a bag or box and deliver them to any Staples Office Supply store. They're collecting for TerraCycle, a team of scientists and designers who have come up with ways to recycle and "upcycle" these used items into interesting new products. For details, visit [www.terracycle.ca](http://www.terracycle.ca)

- used pens and pen caps
- empty mechanical pencils
- worn-out markers and caps
- dry highlighters and caps
- permanent markers and caps

## 2ND ANNUAL OPEN STREETS FESTIVAL SEPTEMBER 6TH

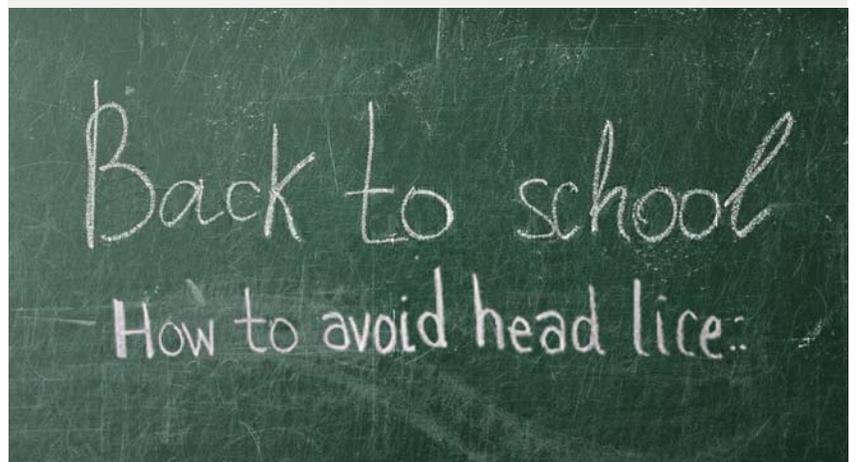
Last year, 45,000 people took to the streets to walk, bike, jog, skateboard, play and shop along Bloor and Yonge Streets during the first Open Streets Festival. No cars are allowed on these Sunday mornings, from 9:00 to 1:00, in the area from Spadina in the west to Parliament in the east; and from Bloor in the north to Queen in the south. Cars can still cross at major intersections, but Bloor and Yonge are empty. It's a unique and relaxing experience to walk along the centre line with no cars about you. Along the route, various community centres offer outdoor presentations of music, dance and crafts. For more info and photos, visit [www.openstreetsto.org](http://www.openstreetsto.org)



## WHEELCHAIR USERS TAKE NOTE



Always wanted to enter that ice cream shop with the raised patio? Itching to browse in that little bookshop with the steep stoop? Tell the owner that they can get a free portable wooden ramp from [www.stopgap.ca](http://www.stopgap.ca) All they have to do to request one is send in a photo and measurements of their step. The Stop Gap Community Ramp Project will build, paint and deliver a portable ramp so you can get over that barrier!



Never share hats, combs, brushes, hair clips, elastics, or helmets. Keep hair braided: free-flowing hair gives lice more chances. Shampoo less often: natural oils in the hair may discourage lice. Maintain personal space: no hugging when lice are going around. Hang jackets and hats on separate hooks from those of classmates. At sleepovers, don't share or swap pillows.

## HEAD LICE FACTS

They can't live more than 2 days any surface other than a human head. And lice can't jump. The only way to get them is for your hair to come into contact with them. **Combing one small section of hair at a time with a metal nit comb and a little olive oil is the safest, cheapest and most effective way of getting rid of lice.** Rinse the comb in soapy water between sections. You'll have to treat several times over 10 days. Remember to run all bedding through the dryer frequently.



## EXTREME HEAT ALERTS



Cooling Centres open whenever an “extreme heat alert” is declared. Water and snacks are served on site. The Metro Hall location, at 55 John Street (by King), is open 24 hours. Public pools also extend their hours late into the evening. For info or directions visit [www.toronto.ca](http://www.toronto.ca) or call: 311.

## DISCOUNT ADMISSION TO FAMILY MOVIES

Saturday mornings at 11:00 Cineplex screens a “Family Favourites” film for \$2.99 per ticket. A portion of the proceeds go to charity. In mid-October the same program offers a free screening with \$2 snacks – and the all the snack proceeds go to charity. For details visit the Cineplex website or call 1800-333-0061.

## FREE WEIGHT-LOSS PROGRAM FOR DIABETICS

If your Type 2 Diabetes is treated only with pills (not insulin injections), then you may qualify to participate in a weight-loss study being conducted by Saint Michael’s Hospital. For more information, call 416-867-7474 or 416-867-7475.

## EMS IS NOW “TORONTO PARAMEDIC SERVICE”

They are still reached by calling 911, but have new crests on their uniforms. On their website, you can fill in and print an “In Case of Emergency” (ICE) Information Form for your wallet or refrigerator. If you are involved in a medical emergency, all the information the paramedics need is close at hand so you can be treated without unnecessary delay:



<http://torontoparamedicservices.ca/i-c-e-in-case-of-emergency-program>

## FREE POWER OF ATTORNEY KIT

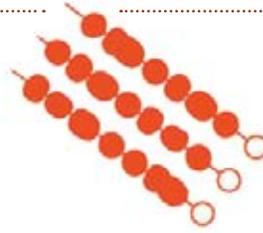
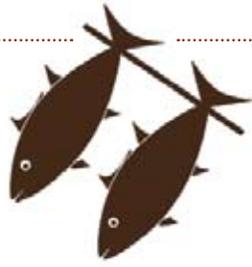
A Power of Attorney is a legal document that gives someone you choose the legal right to act on your behalf in certain situations. You can request a free Power of Attorney form and information kit from the Office of the Public Guardian and Trustee 416-314-2800. Or visit [www.attorneygeneral.jus.gov.on.ca](http://www.attorneygeneral.jus.gov.on.ca) and type in “Power of Attorney Kit” to download.

## AUTHOR INTERVIEWS ONLINE



*Joseph Boyden (left) interviewed by the president of PEN International, John Ralston Saul.*

The best of the Appel Salon interviews with some of the most famous writers working today can now be seen for free on the Toronto Public Library’s YouTube channel at [www.youtube.com/user/torontopubliclibrary](http://www.youtube.com/user/torontopubliclibrary). Children’s authors (Lemony Snicket) and musicians (Bruce Cockburn) are also included.



# SAFE FOOD HANDLING IN THE SUMMER

Keep cold food cold and hot food hot so that it never reaches the “temperature danger zone” where bacteria can grow quickly and cause foodborne illnesses. Children and seniors are particularly vulnerable. You can cool leftovers more quickly by storing them in shallow containers and refrigerating as soon as possible. Never leave raw meat, poultry, fish or leftovers sitting at room temperature for more than two hours. You will not be able to tell if it is unsafe from its smell.

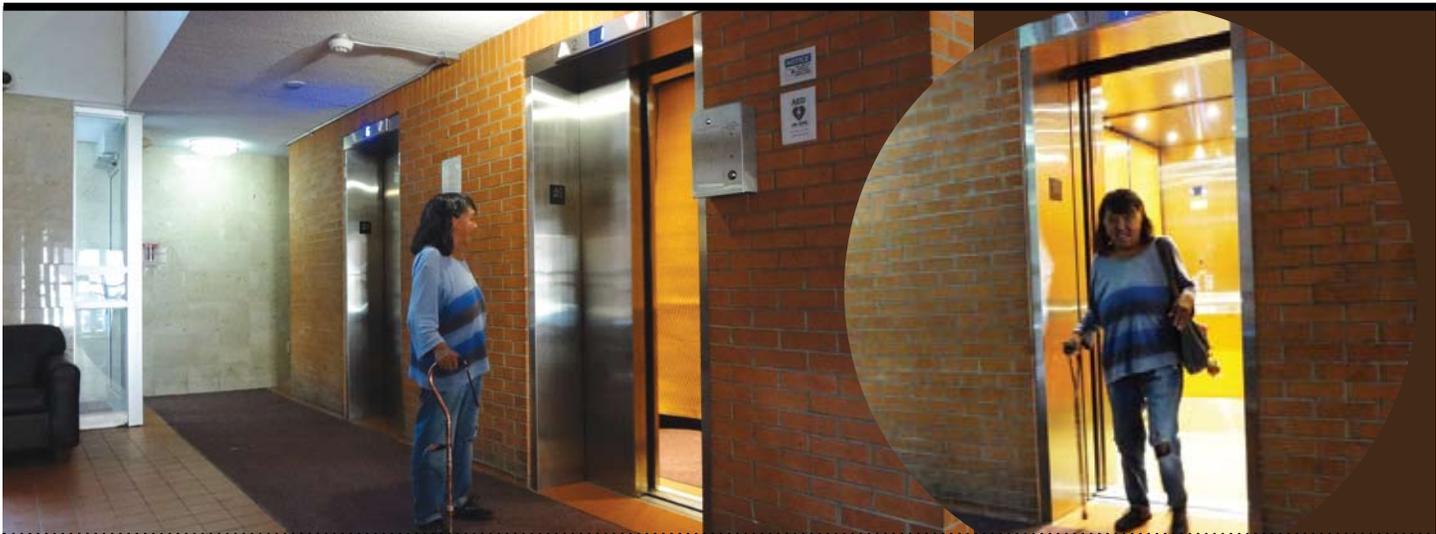


- ◆ GIFT BASKETS FOR NEW BABIES
- ◆ CHILDREN’S BOOK CLUB
- ◆ BACK-TO-SCHOOL PACKS
- ◆ WIGWAMEN POST-SECONDARY SCHOLARSHIPS
- ◆ MONTHLY ZERO-BALANCE RAFFLE

For information about these Wigwamen tenant programs and contests, contact Amber Seager at 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/](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.



Judy loves the bright interiors of the new elevators at Wigwamen Terrace.

**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](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:**



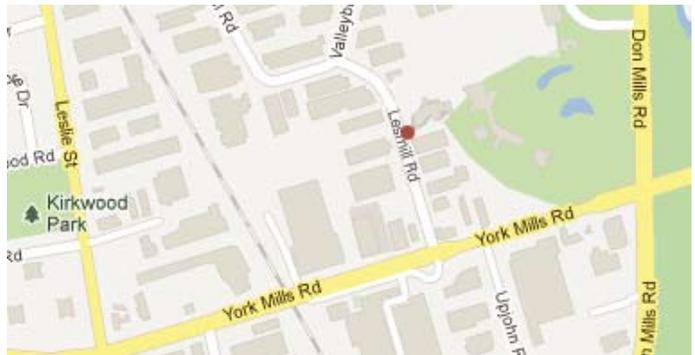
- In person:** at Housing Connections, 176 Elm St., near Dundas & University;
- By mail:** call 416-981-6111 to request; or
- Online:** at [www.housingconnections.ca](http://www.housingconnections.ca)

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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