




Bird-lovers who are sad this time of year about the migration of their feathered friends will be interested to know about a special exhibition of a beautiful and rare collection of life-sized bird paintings by the famous naturalist John James Audubon.

There are only five copies of his book, *Birds of America*, in Canada. The hand-painted prints were created in the early 1800's, when Audubon set out to paint all the birds of North America. Six of these species are now extinct.



The show is on at the Toronto Reference Library, just north of Bloor Street on Yonge, until November 29th. Admission is free, and a guided tour will be offered on November 10th at 2:00 in the afternoon. 



This hawk was photographed by a former Wigwamen Terrace tenant from her balcony. In the summer they occasionally rest in the upper branches of the courtyard trees. A colony of these birds has made "hawk hill" their home, in High Park. It's a great place to see them in action.



## GET CHECKED FOR BREAST CANCER EVERY 2 YEARS

The Ontario Breast Screening Program provides free mammograms to all women aged 50 to 74 years. No doctor's referral is needed. Just call the OBS Program at any major hospital, or visit [www.cancercare.on.ca](http://www.cancercare.on.ca) for a complete list of screening sites and appointment-booking phone numbers across Ontario. Note that Status First Nations women should book through their health care provider if they want to ensure medical travel is provided through Non-Insured Health Benefits.

## CERVICAL CANCER CHECKS ARE ESPECIALLY IMPORTANT FOR NATIVE WOMEN

First Nations women are more likely to be diagnosed with cervical cancer than other Ontario women. But it is one of the most preventable cancers. Screening with a Pap test is the best thing you can do to discover cervical cancer early. To find out if you should book a Pap test, ask your health care provider. Or call the Ontario Cervical Cancer Screening Program at 1-866-662-9233. Or visit [www.ontario.ca/screenforlife](http://www.ontario.ca/screenforlife)

## GET CHECKED FOR COLON CANCER WHEN YOU TURN 50

Ontario has one of the highest rates of colorectal cancer in the world. But someone with colorectal cancer has a 90% chance of being cured if the cancer is caught early. Once you turn 50 it's smart to do a Fecal Occult Blood Test (FOBT) or book a colonoscopy. To find out which is the best choice for you, ask your health care provider. Or call 1-866-662-9233. Or visit [www.ontario.ca/screenforlife](http://www.ontario.ca/screenforlife)

## REMEMBER MOVEMBER & GET CHECKED FOR PROSTATE CANCER



Each year on November 1st many men begin growing mustaches. They grow them for 30 days in a public-awareness and fundraising event called "Movember". Men all over the world participate in order to start people talking about men's health and as a reminder of the importance of getting screened for prostate cancer. Men over 50, men of African descent, and those who have a family history of prostate cancer are at increased risk. For more information about Movember visit <https://ca.movember.com> For more information about prostate cancer screening, speak with a health care practitioner or visit: [www.ontario.ca/page/prostate-cancer-screening](http://www.ontario.ca/page/prostate-cancer-screening)



## SPICY GINGERBREAD FOR CHEMO COMFORT

Ginger has powerful "anti-nausea" properties. The "spicy gingerbread", on the next page, is based on a recipe from *The Enchanted Broccoli Forest* cookbook, by Mollie Katzen. It's really more of a cake. Even people who don't like spicy food very much sometimes find this easy on the stomach during chemo. Make a loaf and then freeze, small, individually-wrapped slices so you always have a fresh piece handy. It's especially nice toasted.

*Recipe on following page*



## GET TO KNOW TORONTO'S GHOSTS



[www.torontoghosts.org](http://www.torontoghosts.org)

is a website where people have been posting anonymous, personal stories of ghostly encounters in Ontario since 1997. The Ghosts and Hauntings Research Society is a not-for-profit group of volunteers with an interest in the "history, folklore, reported experiences, and scientific investigation" of ghostly phenomena. On their site you can search for spooky stories by location, report on your own paranormal experience, or read legends of the haunting of 20 public buildings in Toronto.

## SAVE MONEY, HAVE FUN, AND GET CREATIVE THIS HALLOWEEN!



All these books can be borrowed from your local library. If it's not on the shelf, ask the staff how to request a copy. You will be notified by phone or e-mail when it arrives at your branch.

### **QUICK COSTUMES FOR KIDS** by Deborah House

Designs for 30 costumes that require little or no sewing, and feature interchangeable parts (wings, boots, hoods). For children three to eight years old. Most take less than two hours to complete. Includes suggestions for how kids can help with the preparation.

### **HALLOWEEN COSTUMES** by Singer Sewing Reference Library

These costume designs require a sewing machine to complete, but the patterns are simple and parts can be used for several costumes. For both children and adults. Includes the ever-popular "robot" and "bumble bee".

### **HOMEMADE HALLOWEEN** by Fox Chapel Publishing

Includes ideas for homemade costumes, decorations, and Halloween-themed cooking. An excellent resource if you're planning a stay-at-home party instead of trick-or-treating this year.

### **EASY HALLOWEEN COSTUMES FOR CHILDREN** by Albala Leila

Economical and easy basic patterns with no-sew options for costumes for 3- to 12-year-olds. Sixty great ideas, including 14 last-minute emergency costume suggestions. Probably the only book you really need.

# SPICY GINGER BREAD

- 5 tbsp butter
- 3 tbsp freshly grated ginger
- 1/2 cup honey
- 1/2 cup light molasses
- 1/2 cup yogurt
- 1 egg
- 1 cup whole wheat flour
- 1 cup unbleached white flour
- 1 1/2 tsp baking soda
- 1/4 tsp salt



- 1 tsp dry mustard
- 1/2 tsp ground cloves or allspice
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg

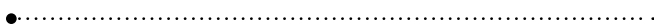
- Butter an 8" x 8" square pan. Preheat oven to 350.
- Saute the ginger in the butter, about 3-4 minutes & remove from the heat.
- Beat together the honey and molasses for 5 minutes. Add the ginger/butter mixture and beat in.
- Mix the egg and yogurt together well, and add to honey mixture and set aside.
- Mix the rest of the ingredients and add to the honey mixture. Mix, but only until well combined.
- Spread the batter into the pan. Bake 30-35 minutes. Done when a toothpick inserted into the centre comes out clean.





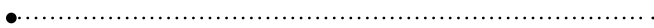
## KNOW YOUR EMPLOYMENT RIGHTS

Remember that Ontario raised the general minimum wage from \$11 to \$11.25 per hour, as of October 1<sup>st</sup>. Student minimum is now \$10.55. For details, visit [www.labour.gov.on.ca](http://www.labour.gov.on.ca)



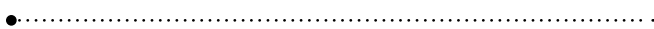
## THE TRUTH ABOUT RENTAL HOUSING ACROSS CANADA

The brand new Canadian Rental Housing Index is an interactive map of the country. By searching or clicking on a location you can learn about the affordability, availability, average rents, percentage of household income spent on rent, and more. It's an interesting place to visit – especially if you've ever considered moving to another city. <http://rentalhousingindex.ca/>



## ABORIGINAL HEAD START SPACES AVAILABLE

The waiting list is open for spaces at Shaawnong Aboriginal Head Start. Children aged two-and-a-half to five years are provided with caring, culturally based, programming by registered early childhood educators. Shaawnong is located in the First Nations School at Dundas and Broadview. Busing is available in some cases. For more information, contact Kim at 416-469-8417.



## WALK TO HELP YOUR KNEES AND MEMORY

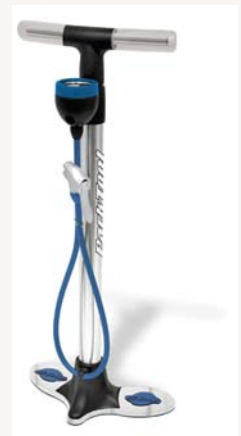


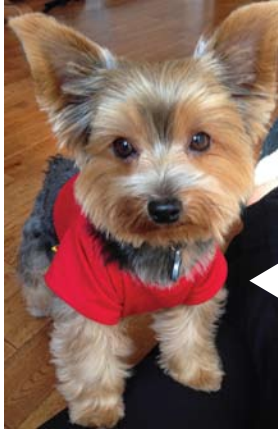
6,000 steps per day can improve osteoarthritis of the knee (see [www.moveforwardpt.com](http://www.moveforwardpt.com)). 10,000 steps a day can improve your memory (see the British Journal of Sports Medicine). That's from 45 to 90 minutes hour of walking, depending on your pace and stride. But if you want to make it more fun – and scientific – borrow a pedometer from the library, strap it on your arm, and find out how many steps you take per day.



## TTC BICYCLE PUMP & SERVICE STATIONS

To encourage commuters to complete the first or last stage of their trip by bike, the TTC is installing bike repair stations at many subway stops. A bicycle pump and good-quality repair equipment are secured by steel cables to the station by the main doors. The equipment includes wrenches, allen keys, screw drivers, and a wheel chock. Commuters can now make minor repairs to their bicycles at select subway stations, making it more convenient to cycle to the TTC. The first 10 stations to feature this service are: Bathurst, Davisville, Downsview, Dupont, Finch, Kipling, Keele, Kennedy, Pape and Spadina.





## SAINT JOHN'S AMBULANCE **THERAPY DOG**

For over 20 years this unique Canadian program has been bringing comfort to those in need of a friendly visit. There are now 3,000 Therapy Dog Teams attending seniors' homes, hospitals, schools, community centres and libraries across the country. These visits can reduce stress, anxiety, loneliness and even distract seriously ill patients from pain.

*Pepsi is now visiting tenants at Wigwamen Terrace.*

*Back-to-School Pack<sup>®</sup> recipients  
Rachel, Blake, and Jordienne*



For information about these Wigwamen tenant programs and contests, contact Jasmine Persaud at 416-481-4451 x 126 or [jpersaud@wigwamen.com](mailto:jpersaud@wigwamen.com)

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

## 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.



*Traditional drumming at this year's picnic.*

*Thanks to the following donors who contributed gifts for the children and bingo prizes for the adults at the 15th Annual Wigwamen Tenants' Picnic in Christie Pits:*

- CASA LOMA
- CN TOWER/LA TOUR CN
- CRAYOLA
- GENERAL MILLS
- INSTYLE RENOVATIONS
- M & M MEAT SHOPS
- ONTARIO SCIENCE CENTRE
- PIZZA PIZZA
- RJD
- ROYAL ONTARIO MUSEUM
- TORONTO ZOO

 **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:**



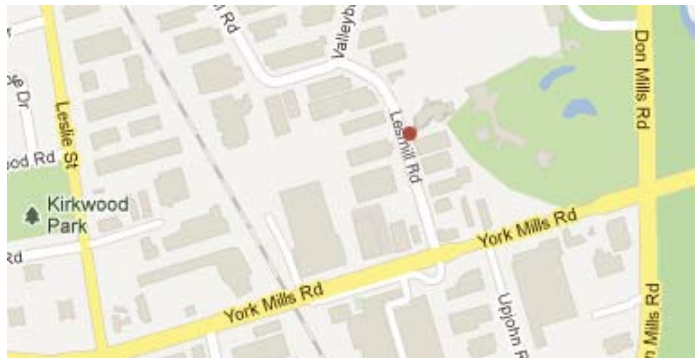
**In person:** at Housing Connections, 176 Elm St., near Dundas & University;  
**By mail:** call 416-981-6111 to request; or  
**Online:** at [www.housingconnections.ca](http://www.housingconnections.ca)

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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