



Spring is almost here and with March Break about to start many of our tenants are looking for fun activities for school-aged children. A visit to a farm is always a popular outing – especially in the spring when there are babies around.

**Historic Riverdale Farm** is near Parliament and Gerrard. It's open daily from 9:00 to 5:00. **The High Park Zoo** is open every day from 7:00 in the morning until dusk. The Carlton Streetcar, Lakeshore Streetcar will get you there, or you can walk from High Park subway station. **Far Enough Farm**, on Centre Island, is open daily from 10:00 to 5:00. Admission to all three is free.

For more information about special programming at these and other parks during March Break and on P.A. days, go the City of Toronto website and click on "Parks and Trails", "Things to See and Do".





## MARCH BREAK PROGRAMMING AT THE TPL



Every branch of the Toronto Public Library offers special programming during March Break, including performances, workshops and movies. Visit [www.tpl.ca](http://www.tpl.ca) for a full listing or stop by your local library to pick up a copy of What's On magazine. There are free events for all ages and interests.

## GREAT READS FOR KIDS FREE BOOKLET

While you're at the library, pick up a free copy of the booklet **Great Reads for Kids**. It was just published and contains 200 book recommendations for kids aged 6 to 12 years. Mark the ones you think look good, and the librarian can help you find or reserve them.



## DIAL-A-STORY: 416-395-5400



Recordings of stories for children in 16 languages can be listened to, for free, by calling Dial-a-Story. The stories are divided into 2 categories: for children under 7, and from 7 to 12 years old. The stories are changed daily and are read by a wide variety of professionals and celebrities. The Toronto Public Library's popular Dial-a-Story is open 24-hours a day and receives an average of 700 calls per day.

## Recycling Re-Cap

### WHAT GOES IN YOUR GREEN COMPOSTING BIN:

- food & paper soiled with food scraps
- tissues, diapers, sanitary products
- animal waste, kitty litter, hamster bedding
- the lid must close, so do not overfill  
(see: [www.toronto.ca/garbage/greenbin.htm](http://www.toronto.ca/garbage/greenbin.htm))

### WHAT GOES IN YOUR BLUE RECYCLING BIN:

- paper, cardboard, juice boxes, milk cartons
- glass bottles, metal cans, plastic jars & bags
- styrofoam & clear plastic food containers
- overflow in clear plastic bags will be accepted  
(see: [www.toronto.ca/garbage/bluebin.htm](http://www.toronto.ca/garbage/bluebin.htm))

### TO USE GREY GARBAGE BIN PROPERLY:

- include no hazardous waste or recycling
- no sod, grass or building materials
- the lid must close, so do not overfill
- get it to the curb by 7:00 am  
(see: [www.toronto.ca/garbage](http://www.toronto.ca/garbage))

## START SOMETHING **NEW** THIS SPRING

Sometimes the best thing you can do for yourself is to do something for somebody else. Here are a few places you could start looking for a good fit:

### VOLUNTEER TORONTO

[www.volunteertoronto.ca](http://www.volunteertoronto.ca) - 416-961-6888

### DAILY BREAD FOOD BANK

[www.dailybread.ca](http://www.dailybread.ca) - 416-203-0050

### WYCHWOOD OPEN DOOR

[www.wychwoodopendoor.org](http://www.wychwoodopendoor.org) - 647-352-3513

### ADULT LITERACY PROGRAM

[www.tpl.ca/adult-literacy/volunteering.jsp](http://www.tpl.ca/adult-literacy/volunteering.jsp) - 416-395-5555

### TORONTO HUMANE SOCIETY

[www.torontohumanesociety.com](http://www.torontohumanesociety.com) - 416-392-2273





## ESSENTIAL NUMBERS FOR YOUR PHONE OR WALLET:

**ICE (= In Case of Emergency)** – this is the number the paramedics look for if you are ever found unconscious and alone. Enter the phone number of an emergency contact person.

**KIDS HELP PHONE – 1-800-668-6868**  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

Provides anonymous, non-judgemental, 24-hour, phone and online counselling for kids and teens. Will provide counselling on any subject.

**TELEHEALTH ONTARIO -1-866-797-0000**

This confidential telephone service lets you speak with a registered nurse any time of day or night. You should still call 911 in an emergency, but if it's not clearly an emergency, the nurse can help you decide whether to take care of the problem yourself, make an appointment with a doctor, or go to an emergency room.



## ANISHNAWBE HEALTH'S DELICIOUS NEW INITIATIVE



Each month, the Diabetes Team is now inviting interested participants to share a delicious dinner and discuss health issues as they relate to the new moon. In March they will be celebrating the Sugar Moon; in April the Sucker Moon. TTC tokens are provided. Call to confirm the date and time, and to reserve your seat at the table: 416-360-0486 x254

- ★ **January** - Spirit Moon
- ★ **February** - Bear Moon
- ★ **March** - Sugar Moon
- ★ **April** - Sucker Moon
- ★ **May** - Flower Moon
- ★ **June** - Strawberry Moon
- ★ **July** - Raspberry Moon

- ★ **August** – Thimbleberry Moon
- ★ **September** - Corn Moon
- ★ **October** - Falling Leaves Moon
- ★ **November** - Freezing Moon
- ★ **December** - Little Spirit Moon
- ★ **Blue Moon** - Big Spirit Moon

Take this free, online "diabetes risk assessment test" to determine your risk of developing Type 2 Diabetes and learn what steps you can take to reduce that risk. The test consists of 11 short, simple questions - [www.tph.to/diabetes](http://www.tph.to/diabetes)

# Diabetic-Friendly Lemon Meringue Cookies

● Separate **3 EGG WHITES** and let stand outside of the fridge in a bowl for 30 minutes. ● Line cookie sheets with foil or parchment paper (1 large or 2 small). ● Pre-heat oven to **300°F or 150°C**. ● In a small bowl, combine: **¼ CUP SUGAR** and **1 TABLESPOON OF CORNSTARCH**. ● In a medium bowl, combine egg whites, **½ TEASPOON VANILLA**, and **¼ TEASPOON OF CREAM OF TARTAR**. ● Beat egg mixture until soft peaks form. ● Add the sugar mixture one spoonful at a time, beating until stiff peaks form. ● Gently fold in **1 TEASPOON OF FINELY SHREDDED LEMON, LIME, OR ORANGE PEEL**. ● You can also add a few drops of yellow food colouring to make this a festive spring-time dessert. ● Spoon mixture onto cookie sheets about 1 inch apart in peaks about 2 inches wide and 1 inch tall. ● For prettier results, use a piping bag with an extra-large star-shaped tip and make a swirl. ● Bake for 20 minutes and then turn oven off and let cookies dry in oven for 30 more minutes. ● If using 2 cookie sheets, bake on separate oven racks, so heat can circulate. ● Remove cookies from the oven and gently peel off the paper. ● Can be stored in an airtight container between layers of waxed paper for up to 3 days. ● May be frozen for use within 3 months. ● **MAKES: 30 COOKIES** • 1 cookie = 9 calories; 6 mg of sodium; 2 g of carbs



Note that sugar substitutes will **NOT** work in this recipe.



## FACULTY OF MEDICINE ABORIGINAL SCHOLARSHIP

Aboriginal high school students interested in medicine, medical research, or other health-related fields take note! U of T's Faculty of Medicine Youth Summer Program is offering scholarships for their July session. These full scholarships include accommodations on campus, meals, course materials, social events and transportation costs. The deadline for applications is April 8th. For more information contact [artur.jakubowski@utoronto.ca](mailto:artur.jakubowski@utoronto.ca) or call 416-978-8722.

## ABORIGINAL HIGH SCHOOL STUDENT BURSARY

The application deadline for the Lee Awards Bursary Program is Friday March 18th this year. For more information go to [www.miziwebiik.com](http://www.miziwebiik.com) – and click on “clients” and then “awards”. Or call the coordinator of the program at Miziwe Biik: 416-591-2310 x2257.

## INTERNET SAFETY FOR SENIORS



Learn the basics of keeping your information safe when online. Topics covered include creating

strong passwords, using e-mail safely, how to identify and avoid online scams, and shopping online securely. Six sessions will be offered at libraries across the city in March and April. For details and to register for this free workshop, call 416-393-7209.

## NEW SOLIDARITY WEBSITE

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



“Groundwork for Change was built to provide access to information to help non-Indigenous (settler) peoples grow relationships with Indigenous peoples that are rooted in justice and solidarity.” There are two parts: one for learning about the issues; and one for acting in solidarity. Visitors can also suggest resources and events to be included in the listings.

## FREE TAX CLINICS AT NCCT

From March 3rd to April 30th the Native Canadian Centre will be offering 3 free tax clinics per week. If you have a low income and simple tax situation, a qualified volunteer will help you fill in your income tax forms. Stop in or call reception to book an appointment: **416-964-9087**. No walk-ins.

## NEW BOARD MEMBERS FOR THE NCCT

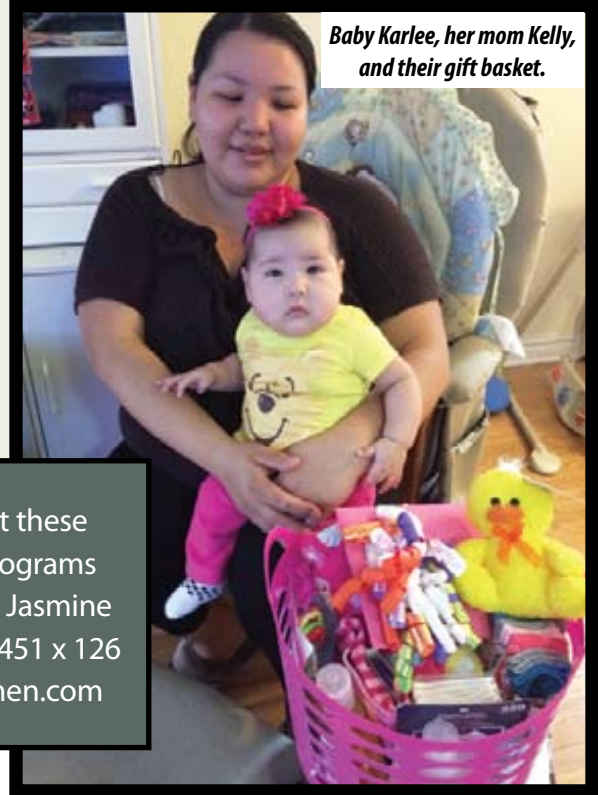
The Native Canadian Centre of Toronto is seeking volunteers for its Board of Directors. If you are interested, send your resume and a cover letter to [vice-president@ncct.on.ca](mailto:vice-president@ncct.on.ca) For more information, visit the Centre's website <http://ncct.on.ca> or call 416-964-9087.



Ten-week-old Kaden hanging out with his dad, Virgil.

### ◆ GIFT BASKETS FOR NEW BABIES

- ◆ CHILDREN'S BOOK CLUB
- ◆ BACK-TO-SCHOOL PACKS
- ◆ POST-SECONDARY SCHOLARSHIPS
- ◆ MONTHLY ZERO-BALANCE RAFFLE



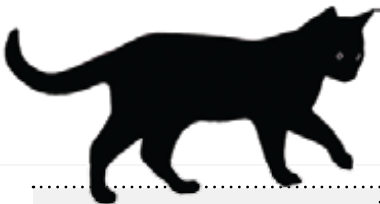
Baby Karlee, her mom Kelly, and their gift basket.

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)

## STINKY CATS



One of the most common complaints that Head Office 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.



Recently, we have been receiving many emergency maintenance calls for toilets blocked with foreign objects. Toilet plumbing is only designed to dispose of human waste and toilet paper.

**PLEASE  
Do Not Flush:**

- Q-tips**
- kitty litter**
- dental floss**
- condoms**
- food**

## 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.



 **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:**



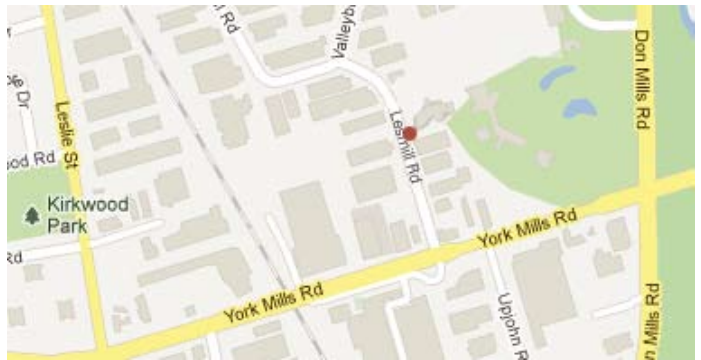
**In person:** at Housing Connections, 176 Elm St., near Dundas & University;  
**By mail:** call 416-981-6111 to request; or  
**Online:** at [www.housingconnections.ca](http://www.housingconnections.ca)

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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