

Magnolia Warbler



Northern Parula



Sandhill Crane

Avocets



black-throated blue warbler

In May, close to 50 million migrating birds will fly over Toronto!

Many of them will rest at Tom Thompson Park on Toronto's waterfront. Some of the over 300 different species of birds that have been seen at the park are pictured here.

On [May 14th, International Migratory Bird Day](#), Tommy Thompson Park will be hosting a festival with free activities all day long. To get to the park by TTC, take the 83 bus south from Donlands Station; or the Queen Streetcar west to Leslie and then the Jones bus south. There is also limited free parking on site.

For more information, and to [register for free guided bird-watching tours](#) and bird banding demonstrations visit www.springbirdfestival.ca or call 416-661-6600 x5770. Note that pets are not allowed in the park.

To hear his song, go to: macaulaylibrary.org/audio/199078



“Exploring Toronto’s Parks and Trails”: **FREE MAP**

Bird-watching should also be good anywhere along one of Toronto’s 200 kilometres of off-road recreational trails. They run through a wide variety of scenery – forest, riverside, lakefront, wetland and meadow. About half of the trails are paved and easy for beginning hikers. Others are more challenging. Copies of the map are available at City Hall and the following civic centres: East York, Etobicoke, North York and Scarborough. The map is also downloadable from <http://www.toronto.ca/parks/maps>

THESE OUTDOOR FARMERS’ MARKETS RE-OPEN IN MAY

Ontario *rhubarb* and
asparagus will be in soon!



Annette, west of Runnymede

Wednesdays 3 to 7 pm

Spadina & Bremner

Wed 3 to 8 pm; Sat 10 to 5 pm

East York Civic Centre

Tuesdays 8 to 2 pm

Fairmount Park

Wednesdays 3 to 7 pm

Queen & Coxwell

Sundays 9 to 2 pm

Liberty Street & Atlantic

Sundays 9 to 2 pm

Toronto City Hall

Wednesdays 8 to 2 pm

Trinity Bellwoods Park

Tuesdays 3 to 7 pm

Weston & Lawrence West

Saturdays 7 to 2 pm

Diabetic-Friendly, Creamy-Textured Asparagus Soup

- 1-1/3 cup reduced-sodium chicken broth (one 14 oz can)
- 1/4 cup water
- 1 potato, peeled and cut into 1/2 inch cubes
- 1 medium shallot, sliced thin
- 1 clove garlic, sliced thin
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried marjoram leaves
- 1/8 teaspoon salt
- 1 pound of asparagus (or about 15 medium-sized stalks)
with tough ends removed & sliced into 1-inch pieces
- 1/3 cup ham, chopped (optional)
- Freshly ground pepper, to taste



In a large pot, mix the broth, water, potato, shallot, garlic and spices and bring to a boil. Then reduce heat, cover, and simmer for 5 to 10 minutes - until the potato is tender. Add asparagus, return to simmering, and cook, covered, until the asparagus is tender - about 5 more minutes.

Meanwhile, if you are going to use ham as garnish, fry it in a small skillet over medium heat for about 5 minutes, until crisp, stirring often.

Very carefully, ladle the soup into a blender or food processor. Puree until smooth. Add pepper to taste. Serve with the crisped ham sprinkled on top.

Tip: buy the tiny amount of dried herb and spice you need for each new recipe you prepare at a bulk or health food store. It’s cheaper than an entire jar and will ensure that you’re working with fresh ingredients when you cook.





Doors Open Toronto Festival

Over 150 buildings that aren't ordinarily accessible to the public throw open their doors to visitors during this festival. It's a great way to see the some beautiful, unusual and interesting places in the city. Many offer free behind-the-scenes tours. This year the festival will be held on **May 28th and 29th**. The Toronto Star usually prints a large map, but you can also go to www.toronto.com/events for more information.

A couple of locations with free tours: the Winter Garden Theatre, and Heliconian Hall.



Built in 1876, this small Gothic revival building first housed a church and then, from 1923, a union for women in the arts that supported many important Canadian women painters.

NEW! Musical Instrument Lending Library



The Parkdale branch of the Toronto Public Library now has a collection of musical instruments that you can borrow for free with your library card. Instruments available include: acoustic guitars in a variety of sizes, classical stringed instruments, electronic keyboards, and wide range of drums from around the world. More information can be found at www.tpl.ca – including how to donate to the project if you have an instrument you no longer use. Or you can **visit or call the Parkdale branch directly (416-393-7686)**.

Cancer Treatment Support for Aboriginal Patients

If you are First Nations, Inuit or Metis and are about to undergo screening or treatment for cancer, you may want to contact Joanna Vautour. She is an Aboriginal Patient Navigator working with Toronto Regional Cancer Program to support patients in a wide variety of ways. She can answer your questions about what to expect and introduce you to your cancer care team members. She can also connect you with additional support that you may require, and help you with applications for financial and transportation assistance. You can call yourself, or ask your health care provider to call for you: **416-864-6060 x2422**.



FREE BOOK BAGS FOR TEENS



Any teenager who writes a short review of a book, movie, concert, CD, or video game for the To-

ronto Public Library's website will be given a free canvas book bag. They're looking for all sorts of reviews: "fun, informal, studious, flamboyant, ranty, experimental, silly, serious, sappy, heartwarming, snooty, angry, disappointed..." If you want more details, or to see sample reviews, visit www.tpl.ca/teens Or call 416-397-5970. Or just send your review to ksparling@torontopubliclibrary.ca

CREATIVE WRITING AWARD FOR ABORIGINAL YOUTH

May 31st is the deadline for applications to The James Bartleman Aboriginal Youth Creative Writing Award. Each award recipient will receive \$2,500.

For submission forms and more information, visit www.ontario.ca/bartleman.ca or call 1-877-832-8622.

VITAMIN D AND AGING

Your body's need for vitamin D increases after the age of 50. To reduce the risk of cancer, many of us are careful to avoid excessive exposure to sunlight, but that means that we don't get enough vitamin D from sunlight. Those of us who don't eat or drink milk products are even more likely to suffer from a vitamin D deficiency. Foods that are rich in vitamin D include: nuts, beans, seaweed, fish with bones, shellfish, wild plants, and bannock made with baking powder. If you choose to take supplements, the recommended dosage for adults over 50 is 400 IU per day. For more information see www.healthcanada.gc.ca/foodguide. Or you can also request a free copy of the brochure "Eating Well with Canada's Food Guide – First Nations, Inuit and Metis" by calling 1-866-225-0709.

NEW ADVOCACY GROUP FOR CONTRACT, SELF-EMPLOYED AND FREELANCE WORKERS

The Urban Worker Project is a new initiative that has been founded to address the concerns of workers in the new economy. Precarious workers struggle without access to benefits and protection. The project is lobbying for government to extend employment standards legislation to protect more Canadians trying to support themselves with part-time, contract and freelance work. To learn more or get involved, visit www.urbanworker.ca



ABORIGINAL STUDENT SCHOLARSHIP

Post-secondary students living in non-profit housing in Ontario are eligible for The Kathleen Blinkhorn Aboriginal Student Scholarship. The application deadline for this \$1,000 bursary is June 24th. For details, visit www.onpha.on.ca/kblinkhorn or call 1-800-297-6660 x109.



Brianne, baby Natalie, and their gift basket

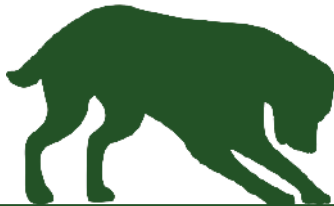
◆ GIFT BASKETS FOR NEW BABIES

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



Kanisha, baby Nya, 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



Kids at Play




Keep Poop Away!

Outdoor play season is here again: please remember to pick up after your dog every time you go out and always keep your animal on-leash in the common areas of your building.



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:



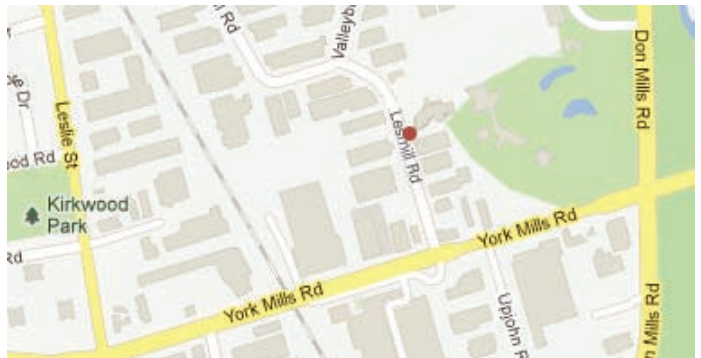
- In person:** at Housing Connections, 176 Elm St., near Dundas & University;
- By mail:** call 416-981-6111 to request; or
- Online:** at www.housingconnections.ca

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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