



City of Toronto staff on the 10th floor Terrace of Wigwam's newest affordable housing project.



Peter, the Superintendent, cleaning up the grounds at 75 Cooperage on his new tractor.



Corktown Common park.

The first of almost 145 happy households are already moving into their new homes in the Canary District. The halls of Wigwam's newest affordable housing project at 75 Cooperage are filled with the excitement and bustle of a community getting oriented and settled. Peter, the Superintendent, and Kira, the Manager, are busy making sure everything runs smoothly.

On hot days, the Corktown Common Park, an 18-acre green space just down the street from 75 Cooperage, is where you'll find many of the new tenants. It's an ideal place for dog walking, bird watching, ball playing, and bike riding. The trails in the park link up with an 1800 km network that serves southern Ontario from Oakville to The Beach to the Evergreen Brickwork Farmers' Market. The park also includes an elaborate water play area for the little ones and a pavilion for special events. 🏠



Basic Safety Rules for Cell Phones 😊



Lots of young people get their first cell phone during the summer so they can keep in touch with their families while they're out and about. Here are some ground rules that parenting professionals suggest caregivers share with new users to help keep them safe.

- Always answer the phone when it's your caregiver.
- Don't respond to numbers you don't know.
- Keep your distance from other people when talking in public.
- Avoid talking about personal or sensitive topics in public.
- Remember that private texts can become public.
- Always ask permission before photographing or videoing someone.
- Never post or e-mail someone's photo from your phone without permission.
- If you're not using it, keep your phone out of sight when you're out in public.
- Be aware of your surroundings: don't walk and text – especially after dark.

SUMMER READING: FREE E-MAGAZINES FROM THE LIBRARY



You can now access current issues of 35 different popular magazines on a computer, tablet or smartphone for free. All you need is a library card. You will then be able to use an app called Flipster to download the magazines for offline reading. The

length of time you can keep the magazines varies from 2 days to 7 days to forever, depending on the publishers settings. Magazines available include: women's fashion, entertainment, sports, news, science, children's interests, and the arts.

BEWARE OF SCAMS TARGETING SENIORS



The Toronto Police warn that the following scams are currently very common. But just because seniors are targets doesn't mean that they have to be victims. Knowing about these scams in advance

can help you protect yourself. To learn more, or if you think somebody has tried to scam you, call 416-222-8477 or visit www.torontopolice.on.ca/fiancialcrimes

- ☎ **GRANDPARENT SCAM** – the caller pretends to be a grandchild in trouble and asks for money to be transferred in secrecy
- ☎ **ROMANCE SCAM** – an online friend declares love and says they want to meet in person, but that they need travel funds
- ☎ **LOTTERY SCAM** – the senior is told they've won a large sum of money and that they have to give their banking info to enable payment of the prize



Fun & Messy Summer Craft: Homemade Squeeze Paint



This paint is inexpensive, easy to make, and non-toxic. Buy some small squeeze bottles from the craft section of the dollar store and squeeze lines of paint directly onto paper. Or you can cut a tiny hole in one

corner of each zip-lock bag that you mix your colours in and squeeze – but this is messier and you can't save the leftovers.

- Mix ½ a cup of flour with ½ a cup of salt.
- Add ¾ of a cup water and stir until smooth.
- Spoon the mixture into 3 zip-lock bags, and add a few drops of liquid watercolour or food colouring to each bag.
- Let the kids squish the bags until the paint is evenly coloured.
- Add a few drops of water if it's too thick or hard for little hands to squeeze out.
- The salt gives this paint a sparkly look and the flour gives it a puffy texture.



Refreshing, Healthy, Summer Beverages

www.diabetes.org suggests that you “rethink your drink” and try infused water as an alternative to soda or juice. A few of the combinations they recommend are listed below. But it's fun to experiment and create your own combinations too. Fill a pitcher with water, add the sliced flavourings and let it steep in the fridge for a few hours. The more ingredients you add, the stronger the flavour.

- oranges and lemons , ● strawberries and basil leaves, ● cucumbers and mint, ● limes and honeydew melon, ● peaches and mint



FREE OUTDOOR CONCERTS

DOWNTOWN PARKS LUNCHTIME CONCERTS
Presented by Massey Hall; Weekdays, 12-1:00 pm
@DowntownYonge; 416-597-0255 x 232
www.downtownyonge.com/playtheparks

TORONTO MUSIC GARDEN
Thursdays at 7 pm & Sundays at 4pm
479 Queens Quay West; 416-973-4000
www.harbourfrontcentre.com/venues/torontomusicgarden/

LIVE FROM CITY HALL
Thursdays at 5:00 and 6:00 pm
Nathan Philips Square
www.toronto.ca/livefromcityhall

INDIE FRIDAYS AT YONGE-DUNDAS SQUARE
Fridays, 8-11:00 pm
Yonge & Dundas
www.ydsquare.ca

HARBOURFRONT CENTRE
Every weekend
Queens Quay West
www.harbourfrontcentre.com

SAVE MONEY & THE ENVIRONMENT

Make the switch to tap water this summer! Consuming the recommended daily amount of water will cost you \$1,400 a year if you drink bottled water, but only 50 cents a year if you switch to tap water. Toronto's tap water is both safe and appetizing. Pick up a re-usable water bottle, toss it in your bag and start saving money today!



FREE WORKSHOPS FOR KIDS & CAREGIVERS

“Home Alone” is a fun, interactive workshop that helps prepare 10 to 14 year olds to stay home alone safely. Caregivers and kids leave the workshop with a personal safety plan that’s tailored to their own family’s unique situation and needs. “Living and Learning with Baby” is a 7-week series of workshops for caregivers of infants up to 6 months old. Both programs are offered free by Toronto Public Health at local library branches around the city. For more information and upcoming dates visit www.tpl.ca or call 416-393-7131.

CANADA CHILD BENEFIT CALCULATOR



To qualify for the new Canada Child Benefit you must have filed your 2015 income tax return. To learn more about the new benefit, or to estimate your new monthly amount as of July 2016, use the calculator at this website www.esdc.gc.ca/en/canada_child_benefit.page or call 1-800-277-9914.

“TASTE OF THE WOODS” ANNUAL FAIR IN SCARBOROUGH

On July 23, from noon to 5:00, the Warden Woods Community Centre will be hosting a family fair with performances, games, crafts and live animals. Admission is free. Meals will be offered at \$2 per plate. To get there by TTC, take bus 69A or 135 from Warden Station to 74 Firvalley Court. It’s near Warden and Danforth. Website: <http://wardenwoods.com>

GIVE-AND-TAKE WEBSITE www.freecycle.org

The Freecycle Network an international, grassroots, non-profit organization trying to keep useful items out of our landfills. To find a free item or give one away, all you have to do is type in your location. A list then pops up of all the things in your area are currently being offered or requested. With 5,000 local groups and 9 million members, you’re sure to find something interesting!

BIKE RIDING CLASSES FOR ALL AGES



Community Centres across the city offer CAN-Bike learn-to-ride courses for 4-to-6 year olds, 7-to-12 year olds, teenagers, and adults. For more information you can stop in at your local community centre; visit www.toronto.ca/parks and type in CAN-Bike; or call 416-338-4386. Financial assistance is available in the form of a “Welcome

Policy” subsidy. Call 311 for details. Remember that all cyclists under the age of 18 are required by law to wear a helmet.



**“30 MINUTES OF PHYSICAL ACTIVITY DAILY
DECREASES YOUR RISK OF TYPE 2 DIABETES BY 50%”**

– Health Canada



REMEMBER THE JULY 8TH SCHOLARSHIP DEADLINE!

Application packages for Wigwamen’s 10th Annual Post-Secondary Scholarships have been mailed out. These awards support tenants in their studies at accredited Ontario colleges and universities. Applications are due by 5:00 pm on July 8th.

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

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



Altoma, baby Eli, and their gift basket



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.



Getting ready for the Flower Power Contest... Courtney put a lot of hard work into the front yard at 800 Jane Street this spring and her garden will certainly be a strong contender this year. Interested Family Housing tenants should return their contest registration forms ASAP!

 **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:



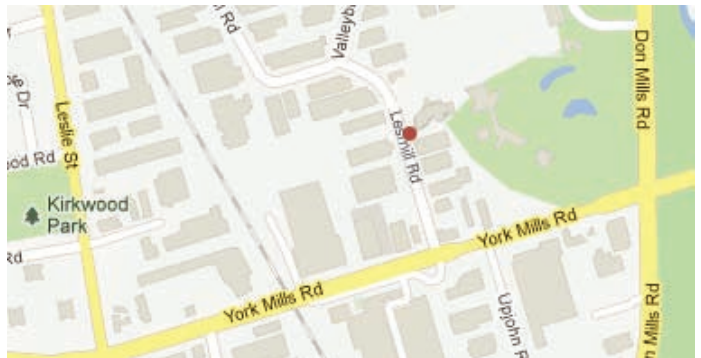
- In person:** at Housing Connections, 176 Elm St., near Dundas & University;
- By mail:** call 416-981-6111 to request; or
- Online:** at www.housingconnections.ca

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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