

## 2013 EM Projects

### LOCATION

Heart Lake Conservation Area

### OPENED

May 20, 2010

### SIGNIFICANT FEATURES

The four sections honour the Aboriginal culture and teachings of the four cardinal directions; East, South, West, North; four sacred medicines; sage, sweetgrass, cedar and tobacco; four sacred colours; yellow, red, black and white; four sacred animals; Eagle, Turtle, Buffalo and Bear and four seasons and cycles of life. It is also a symbol of the Seven Grandfather teachings of honesty, respect, humility, love, wisdom, truth and courage.

### PARTNERS

TRCA

Peel Aboriginal Network  
(PAN)

Four Colours Drumming Circle  
(FCDC)

City of Brampton

For more information visit: <https://trca.on.ca/the-living-city/watersheds/etobicoke-mimico-creek>

## Medicine Wheel Garden (Gitigaan Mashkiki)



The vision for this garden came from a male elder of the Anishnawbe Nation. The concept of this type of garden originated with the Sacred Medicine Wheel and represents an assortment of symbolisms and teachings. The garden honours Mother Earth's seasonal cycles, represents rituals and expresses artistic traditions that all beings are related and the strength of the circle nourishes life. As the garden changes, the circle of life also continues.

Native wildflowers plots have been created around the garden and pollinator nesting structures have been installed to help create habitat and attract native pollinator species. The garden and surrounding area is maintained by TRCA staff, dedicated volunteers, members of PAN and FCDC. The site is visited by park users frequently, and TRCA partners with the City of Brampton, residents, students and corporate groups to deliver a variety of stewardship events throughout the year. Both PAN and FCDC host traditional ceremonies at the garden throughout the year.





