

*Highland Creek Valley forms the western boundary of the neighbourhood called West Hill, where 228 Galloway Road is located. This photo is reprinted courtesy of Toronto and Region Conservation (www.trca.on.ca). Trout, carp and bass still live in Highland Creek. (See article on page 2)*

## Building Profile: **228 Galloway Road** .....

Just over a year ago, Wigwamen took ownership of the 60-unit apartment building at 228 Galloway Road, a well-maintained building surrounded by mature trees. It was originally opened in 1994 by the Estonian Community to provide social housing options for Estonians and other immigrants from the Baltic States. At that time it was called *Estrorada*. About 25% of the original tenants still live in the building. Over the next several years, as units become va-

cant, Wigwamen hopes to fill every second rent-geared-to-income unit with an Aboriginal individual or family.

There are 39 two-bedroom apartments and 21 one-bedroom apartments at 228 Galloway Road. They all have balconies or patios and the option of a parking space. The common areas include a garden, a party room, and in the Northern-European tradition – a sauna!



The building is in the West Hill neighbourhood, not far from Lawrence Avenue East and Kingston Road. The 54 Lawrence Avenue buses run to the Lawrence East Scarborough RT station and the Eglinton subway station. ❖



228 Galloway Road (see map).



*Superintendent Mieczyslaw ("Mike") Cezapinski has been keeping 228 Galloway Road ship shape for 7 years.*

### A BIT ABOUT THE REPUBLIC OF ESTONIA

Located in Northern Europe, with coasts on the Baltic Sea and the Gulf of Finland, Estonia is bordered by Latvia to the south and the Russian Federation to the east. The capital is Tallin. There are about 1.3 people living in Estonia. The Estonian language is closely related to Finnish.



**Hello: Tere** (TEHR-reh)

**Neighbour: Naaber**

**I can't speak Estonian: Ma ei räägi eesti keelt**

(MAH ay RAA-gee EHS-tee KEHLT)

**Goodbye: Nägemist** (NAH-geh-mist)

## Heron Park Community Centre: 292 Manse Road

This community centre is a half-hour walk east (or 10 minutes by bike or #54 bus) along Lawrence from 228 Galloway Road. It features a large outdoor pool and a baseball diamond, as well as a large gym and 2 indoor rinks. Programming is offered for everyone from pre-schoolers to seniors. Drop-in programs include: ballroom and line dancing for seniors, seniors walking club, table tennis, euchre, indoor preschool playground, youth basketball (junior and senior), and leisure swim. Call 416-396-4035 for details.

## Highland Creek Valley: Urban Wilderness .....

Highland Creek is about 20 metres wide, but the valley it runs through is 100 metres wide and 30 metres deep. Mississauga Indians called the water "Yat-qui-ee-be-nick", the first creek below the high land. In the 18th century the valley was occupied by several vast farms. After World War II many people moved into small cottages in the valley. After Hurricane Hazel washed away many of these homes in 1954, development was banned and the area became parkland (see map).

North of Lawrence Avenue, the valley is called Morningside Park. There are picnic areas, public washrooms, footpaths. There is more urban wilderness here than in most Toronto parks: even deer in the forest! The pedestrian entrance is at north side of Lawrence Avenue, just west of Overture Road – a 15 minute walk from 228 Galloway Road.

South of Lawrence Avenue, the valley consists of three parks. Highland Creek Park has a playground and baseball diamond. Greenvale Park and Cedar Ridge Park & Botanical Gardens are a little further – a 10 minute bike ride through the ravine from 228 Galloway Road. ❖



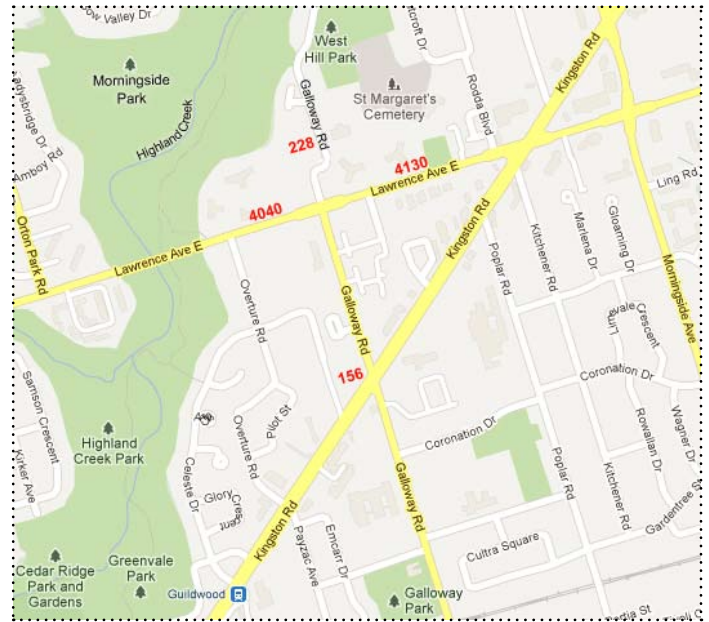
# Native Child and Family Services of Toronto .....



Walk just 10 minutes south from 228 Galloway Road and you'll come to Kingston Road. On the north-west corner you'll see a little, historic house with a modern addition full of windows. This is **156 Galloway Road** (see map), NCFST's Scarborough Family Life Centre. This is where NCFST offers support to Aboriginal families in the east end of Toronto.

The building houses a licensed, 56-space daycare, as well as meeting and performance spaces. Almost every night of the week there's something going on at the Centre: hand drumming, storytelling, women's ceremonies, and craft workshops. The daycare offers an Aboriginal-focused curriculum, prioritizing enrollment of Aboriginal families, but the Centre is open to all.

For information, drop in at reception during office hours, call **416-969-8510**, or visit [www.nativechild.org](http://www.nativechild.org) ❖



## The Storefront: where it's all happening .....

Since East Scarborough has the highest concentration of social housing in Ontario it's not surprising that some of the best access to services for low-income families is also available here. The Storefront helps neighbourhood residents tap into services from 38 organizations working in East Scarborough. For referrals, speak with a Storefront Community Resource Specialist at 416-208-9889, ex.21.

Or drop in at The Storefront at **4040 Lawrence Ave East** (see map), a 6 minute walk from 228 Galloway Road, to find out more about their programming... For Youth: homework help, job search support, free arts and recreational programming. Talk to Shane at [youthservices@thestorefront.org](mailto:youthservices@thestorefront.org), or go to Storefront YouthServices on Facebook. For job seekers: counselling, workshops, computer training and access.

And for everyone: wellness programming, legal advice, housing support, and tax clinics. Visit [www.thestorefront.org](http://www.thestorefront.org) for more info.

The Storefront is also the headquarters for a variety of exciting community projects. The R.O.S.E. Garden, the "Roots Of Scarborough East" community garden, consists of more than vegetable 30 plots allocated to residents of Kingston-Galloway for individual family and food bank use. The Bridging Festival is a music and arts festival that is held in August to showcase neighbourhood talent.

To get involved with any of the wide variety of existing projects call Dip Habib, The Storefront Volunteer Coordinator, at 647-347-1693 ex 26; to find support for your own local project, speak with Janet at extension 23. ❖

### FESTIVAL MARKET: THURSDAY AFTERNOONS IN THE SUMMER

Every Thursday from 2:00 to 6:00 in the afternoon, from June to September, dozens of local vendors gather at **4130 Lawrence Avenue East** to sell fruit & veg, crafts, second-hand items. There are musicians, activities for children and a festive atmosphere. From 228 Galloway Road, the market is a 5 minute walk east along Lawrence (see map).





# St Margaret's Public School: Kindergarten to Grade 8

This popular elementary school is just steps away from 228 Galloway Road. It's named after an Anglican Church that was established in the area in 1833 (see photo). The school opened in 1972 and about 400 neighbourhood children study there now.

Breakfast and Snack Programs are offered at the school daily to all the students. These programs are offered with the help of The Storefront and the Foundation for Student Success. St Margaret's also hosts a Parenting & Family Literacy Drop-in Centre for parents or caregivers and their children up to 6 years old.

To reach the school administration or Principal Michelle Mayers, call 416-396-6550 or email [StMargarets@tdsb.on.ca](mailto:StMargarets@tdsb.on.ca) ❖



*Historic St Margaret's graveyard and West Hill Park (with a select-team baseball diamond), are just a 2-minute walk north of 228 Galloway Road.*

## TIPS TO BEAT THE HEAT FROM TORONTO PUBLIC HEALTH

### To prevent heat related illness:

- ◆ Drink lots of cool water even before you feel thirsty.
- ◆ Take cool showers or use wet towels to cool down.
- ◆ Avoid the sun or use a wide-brimmed hat or umbrella.
- ◆ Go to an air conditioned mall, library, community centre.
- ◆ Never leave a person or pet waiting inside a parked car.

Symptoms of heat related illnesses include: dizziness or fainting, nausea or vomiting, headache, rapid breathing and heartbeat, extreme thirst. Call or visit at-risk family, friends or neighbours, especially seniors living alone to make sure they are drinking plenty of fluids and keeping cool.

Cooling Centres are open during Extreme Heat Alerts. For the location of a Cooling Centre near you, call 311 or visit [www.toronto.ca/housing/cooling-centres.htm](http://www.toronto.ca/housing/cooling-centres.htm)



*Thanks to the dedication of plant-loving tenants at the Terrace, the rooftop plants have survived the recent hot, dry weather. Potted plants need water daily to survive.*

## TORONTO PUBLIC LIBRARY: MORNINGSIDE BRANCH

This library is a 15 minute walk east on Lawrence from 228 Galloway Road, at Morningside. It offers a seating for 70 clients, a Quiet Study Room, Book Discussion Groups, art shows, and 10 computer work stations with Internet access and Microsoft Office.

This branch is closed on Sundays, but open until 8:30 pm from Monday to Thursday. The phone number is 416-396-8881.

# Residential Schools Settlement Deadline .....



The deadline for filing Independent Assessment Process (IAP) applications is **September 19th, 2012**. Late applications will not be accepted. If you have applied and have not yet received any information, be sure to follow up by calling 1-866-879-4913 or visiting [www.residentialschoolssettlement.ca](http://www.residentialschoolssettlement.ca)



# Wigwamen Tenant BBQ: August 25th .....

The Tenant Picnic for Terrace residents and the tenants of Wigwamen's houses will be held a bit earlier this year, on Saturday August 25th, at Christie Pits Park, from 11:00 am to 3:00 pm. Remember to return your reply card by August 17th if you plan to attend this year. The Sewells Road BBQ will be held in September.



*Hoop dancer Lisa Odjig performing at the 10th Annual Wigwamen Picnic.*

For information about the following Wigwamen tenant programs and contests, call Head Office or e-mail Karen: [kwatts@wigwamen.com](mailto:kwatts@wigwamen.com)

- ◆ Gift Baskets for New Mothers
- ◆ Kids' Book-of-the-Month
- ◆ Back-to-School Packs
- ◆ Wigwamen Post-Secondary Scholarships
- ◆ Monthly Zero-Balance Raffle

*Recent winner of the Zero-Balance Raffle, Jean, of Sewells Rd.*



## WHEEL-CHAIR ACCESSIBLE UNITS

◆ Are you 59 years of age or older and of Aboriginal descent? Are you in a wheel chair, but able to live safely on your own? Are you looking for safe and affordable housing in downtown Toronto? Wigwamen may be able to help.

Contact the Property Manager at The Terrace for more information: Lisa Kristensen, 416-925-9165.



## WIGWAMEN MAINTENANCE

- ◆ If you have a maintenance issue, please contact your building management. If you don't have a building manager on site, please call Head Office – 416-481-4451.
- ◆ In event of an after-hours maintenance emergency – a flood, power-outage, or heating failure – call 416-481-4451 and Wigwamen's Emergency Service will send help.

**WIGWAMEN** provides safe and affordable housing to thousands of Aboriginal and non-Aboriginal families, singles and seniors throughout Ontario.

## 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 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 proof of legal status in Canada and your income with your application.

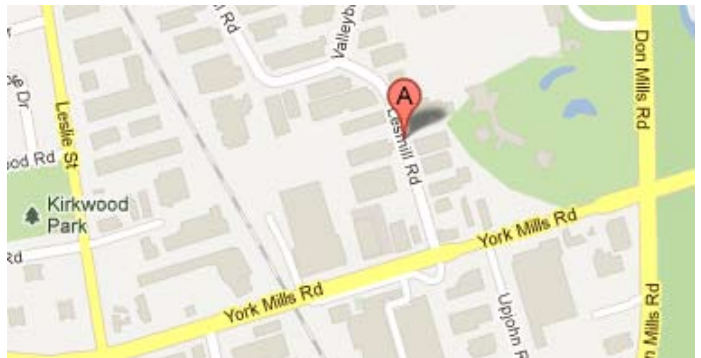
## WIGWAMEN HOUSING

- ◆ 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)  
230 homes located throughout the GTA



### Wigwamen Head Office

23 Lesmill Road, Suite 106  
 Toronto, Ontario, M3B 3P6  
 Tel: 416-481-4551  
 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.

## MEEGWETCH

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