

# MADAWAN MASENYGUN

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

#BeGreatVaccinate  
Soyez #VaxSain

URBAN INDIGENOUS  
**COVID-19**  
VACCINATION CLINIC



We continue to expand our vaccination program to include younger age groups. Visit [wabano.com](http://wabano.com) for current age requirements and to find out if you're eligible.

#### Book Today

Call **613-691-5505** to book your appointment

#### Phone Line Hours

Monday to Friday:  
7:30 am – 6:00 pm

Saturday and Sunday:  
8:30 am – 4:00 pm

#### Location

815 St. Laurent Boulevard,  
Ottawa

#### Clinic Hours

Tuesday to Thursday:  
12:30 pm – 7:00 pm

Friday & Saturday:  
10:00 am – 4:30 pm

#### Proof of Indigenous Identity/ Status Required

Examples include:

- Status Card
- Inuit Beneficiary Card
- Métis Card
- 60s Scoop Acceptance Letter



For more information, visit [wabano.com](http://wabano.com) and [ottawapublichealth.ca](http://ottawapublichealth.ca)

## Happy Canada Day



### Office Closures

We will be closed on

Thursday, July 1st, 2021 for  
Canada Day.

Our office will re-open  
Friday morning.

## INSIDE THIS ISSUE

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# ANNOUCEMENTS

Gignul Housing and Madawan Management would like to take this opportunity to thank Myka Clauyong for the generous donation of this Chokeberry shrub which was planted in front of the building at 1043 Cummings.

"A graduate student who studied Indigenous issues, who will be practicing counselling services in the next year or so. I thought that this is the least that I could do to support a healing environment." — Myka Clauyong

It certainly was a lovely gesture and a form of reconciliation to our Indigenous community.



Gignul Housing Board and Staff would like to wish Theresa Edwards a special "90<sup>th</sup>" Birthday which she celebrated on June 15<sup>th</sup>.



Theresa, who is Cree from the James Bay area has lived with Gignul Housing since December 2005 and is considered our oldest tenant who still lives independently (with son Vincent). We are blessed to have Theresa as part of our Indigenous community here in Ottawa. We wish her many years of continued good health.

All the best Theresa, We love you!

Pictured: Theresa and Delores, June 15th, 2021



## BE COOL AND SAFE DURING THE SUMMER HEAT

We want you to beat the heat this summer, but there are a few things to remember to stay cool and stay safe.

### STAY COOL

☐ Be aware that fans do not cool the air; they just move air around. Don't use a fan to blow out hot or warm air on yourself (this can cause heat illness to happen faster).

☐ If you have air conditioning, at night,

when the air is cool, turn off your A/C unit and open your windows. This will let the hot air escape and move cooler air in.

☐ Please use your air conditioner considerately. Overuse can cause a power outage in your building.

### MORE TIPS

☐ Take cool showers or baths, or mist yourself with cool water.

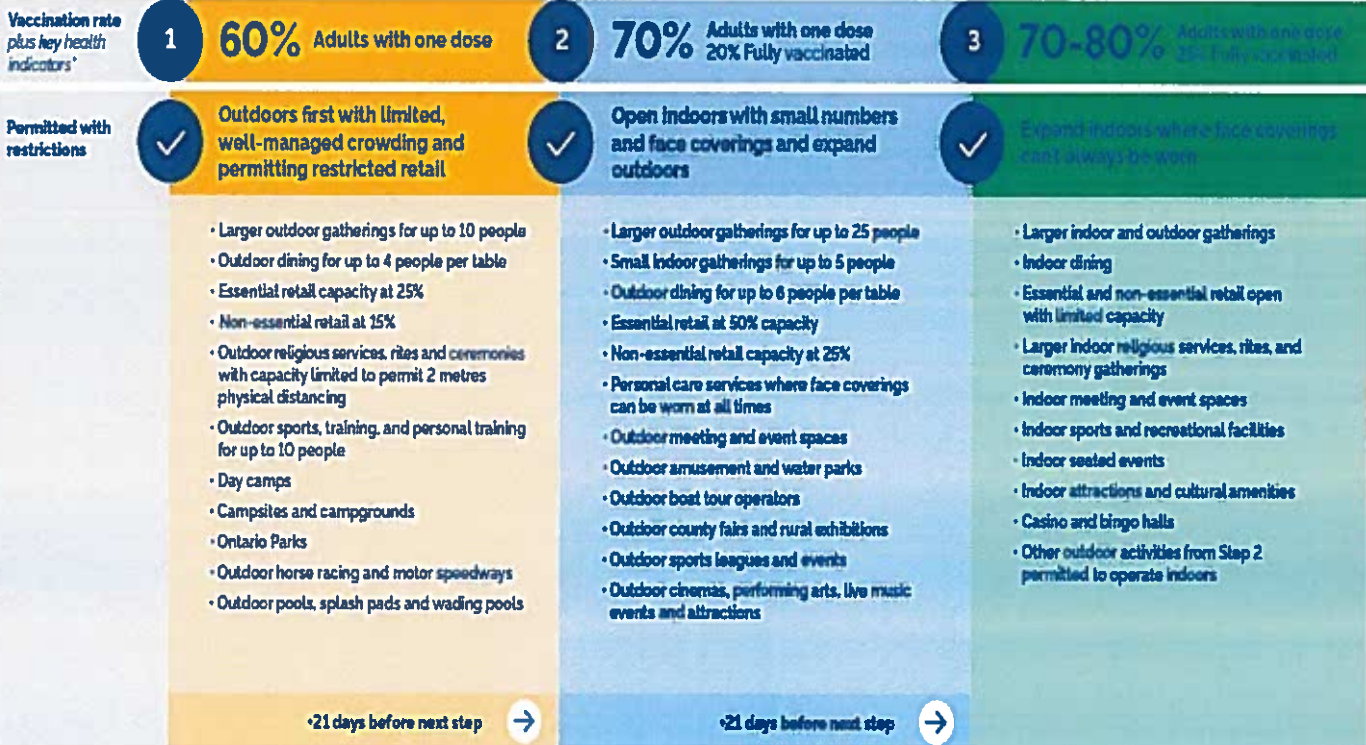
☐ Drink lots of cold fluids, especially water, even if you don't feel thirsty.

☐ Close your blinds and curtains to block out the sun during the day.

☐ Avoid using your oven to cook meals, as this can make your home hotter.

☐ If possible, do most of your cooking at night when the air is cool.

## COVID-19 Roadmap to Reopen – Key Highlights



\* Key health indicators include declining hospitalization, ICU, cases rate and % positivity

Based on current trends in key health indicators, including the provincial vaccination rate, Ontario expects to enter Step One of the roadmap around June 14, 2021.

For the full plan, visit [ontario.ca/reopen](https://ontario.ca/reopen)

## Recipe of the Month: Canada Day Cookies

### Ingredients

- 1 ½ cups softened butter
- 1 ½ cups granulated sugar
- 1 vanilla extract
- 2 eggs
- 1 tbsp lemon zest
- 3 ¾ cups flour
- 1 tsp salt



### Instructions

1. Sift together flour, salt.
2. Using an electric mixer beat the butter and sugar together until light and fluffy—5 minutes.
3. Add vanilla extract, mix well then add eggs and lemon zest. Beat to combine.
4. Slowly add the flour mix until the dough is smooth.
5. Separate the dough and wrap it in 3 separate pieces. Place in the fridge and chill for at least one hour.
6. When ready to bake, preheat the oven to 375 degrees F. Line several cookie sheets with parchment paper.
7. Remove one disk at a time. Flour a work surface and roll the disk out to ⅜ to ¼ inch thick. The more times you roll out the dough the tougher it gets. Use a thin spatula to transfer the cookies onto the baking sheets.
8. Bake for 8-10 minutes. (edges just starting to brown)
9. Cool completely on the cookie sheets before moving.
10. Decorate with your choice of Icing

**Most importantly, have fun!**

### **Did You Know These Fun Facts about Canada?**

***More than half of all the lakes in the world are located in Canada!***



***The Trans-Canada highway is said to be the longest national highway in the world.***