

# MADAWAN MASENYGUN

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

## NOW ACCEPTING AGES 16+



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.

**Opening Monday March 1**  
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**  
[St. Laurent Complex](#)  
525 Coté Street, Ottawa

**Clinic Hours**  
Monday to Thursday:  
12:30 pm - 7:00 pm

**Friday to Sunday:**  
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 Mothers Day



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## Office Closures

Monday, May 24th, 2021 for Victoria Day. Our office will re-open Tuesday morning.



### Mothers Day Crafts: Heart Corner Bookmarks

*What you need:*

- Paper in red or pink
- Scissors

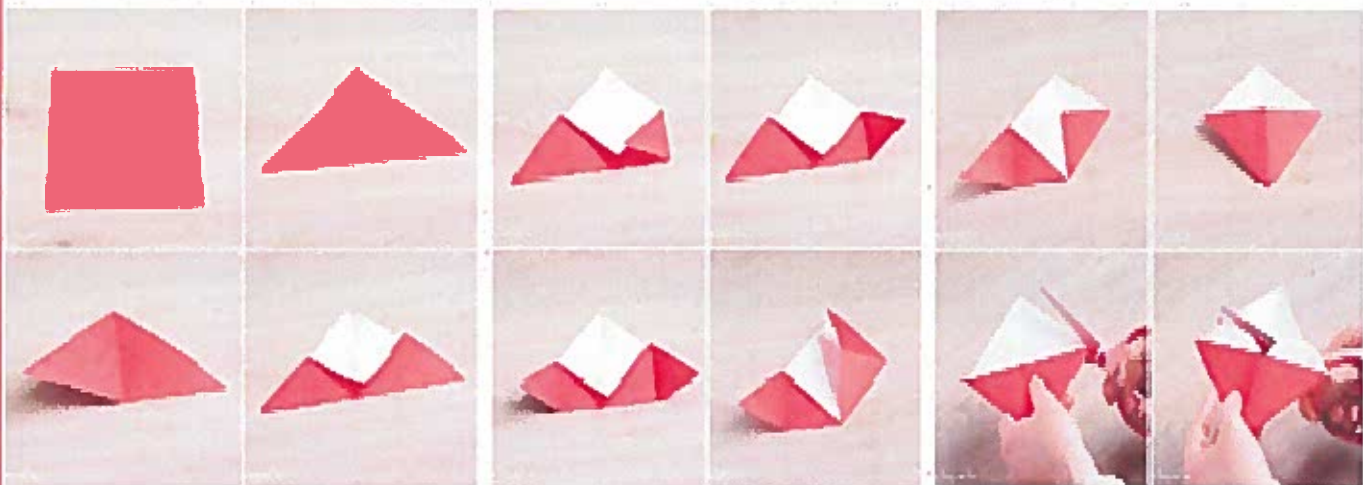
*Instructions:*

1. Start by folding the origami paper diagonally across both diagonals. Fold into a triangle. Grab the top of the triangle and fold it toward the bottom.
2. Now fold the left and right angle towards the middle. Unfold. Fold the left and right angle towards the top and "tuck them into the pocket".
3. Now cut the heart shape with scissors. Your heart corner bookmark is ready to be gifted to that special little someone.
4. You can further decorate them with a personalised note or even adding an arrow or wings made out of paper to make it look even funkier.

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## Looking for a Friend to Chat with?



Kateri Native Ministry of Ottawa is offering friendly check-ins for all residents in the community. Kateri Native Ministry is an organization that works towards healing and reconciliation of Indigenous people. It is located at the 211 Bronson Avenue and has been working in the community for over 20 years. We are extending an invitation to have a member of our team give a friendly check in call. These calls are meant to give us an opportunity to listen. If you are feeling alone or isolated during this time of pandemic, we are here for you. If you, or someone you know is interested in receiving a friendly check-in, please email [admin@katerinativeministry.ca](mailto:admin@katerinativeministry.ca) or call (343) 961-7377.

## Ottawa's Virtual Tulip Festival is BACK!

From May 14th, 2021 to May 24th, 2021 you can see 300,000 tulips that are in bloom right from your home! All the details will be at:

<https://tulipfestival.ca/>



The Canadian Tulip Festival returns on-line and local-only in 2021, May 14 - 24



### Rent Receipts

- You may speak to Shawnee to request your rent receipts by calling our office and providing your name, email and phone number.
- We will mail them out to you as soon as they are ready by our Finance Department.

### After Hours Emergency Line

- You may call our emergency line should you have a maintenance emergency after our office is closed. (613) 232-0016 – it is the same number as our daytime number.

## Recipe of the Month:

### Ingredients

- 2/3 cup of fresh orange juice
- 1/3 cup of fresh lemon juice
- 1/3 cup of packed brown sugar
- 1/2 Teaspoon grated orange zest
- 1/2 Teaspoon grated lemon zest
- 1 Teaspoon of vanilla extract
- 2 cups cubed fresh pineapple
- 2 cups strawberries, hulled and sliced
- 3 kiwi fruit, peeled and sliced
- 3 bananas, sliced
- 2 oranges, peeled and sectioned
- 1 cup of seedless grapes
- 2 cups of blueberries



### Instructions

1. Add all of the ingredients into a bowl and serve cold.

Of course, you may add and omit certain ingredients to what you desire.

**Most importantly, have fun!**

### *Did you know??*

- The first flowers of springtime are usually lilacs, lilies, daffodils, dandelions and irises.
- The Earth takes around one year to orbit the sun, we go through all four seasons in this time.

