MADAWAN MASENYGUN

MADAWAN

VOLUME 24, ISSUE 6

June 2021

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NEW LOCATION!



Happy Father's Day

Office Closures

We will be closed on Monday, June 21st, 2021 for National Indigenous People's Day.

Our office will re-open Tuesday morning.



We continue to expand our vaccination program to include younger age groups. Visit <u>wabano.com</u> 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: 730 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 and ottawapublichealth.ca

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NATIONAL INDIGENOUS PEOPLES DAY AND COVID-19



June 22 – Special statement from Dr. Sarah Funnell, Associate Medical Officer of Health

Kwey, Aniin, Shé:kon, Ainngai, Taanshi

This past weekend we celebrated both National Indigenous Peoples Day and Summer Solstice, a time of celebration and new beginnings. Many Ottawans enjoyed the weekend outdoors to enjoy the beauty of the traditional unceded Algonquin territory.

June is also Indigenous
History Month, a time to
learn about and acknowledge the rich diversity of
cultures and traditions of
First Nations, Inuit and Mé-

tis peoples.

Ottawa Public Health (OPH) is committed to reconciliation. We work in partnership with First Nations, Inuit, and Métis peoples and communities to advance Indigenous health equity an d address anti-Indigenous racism. Currently we are working with partners to better understand how COVID-19 is affecting Indigenous communities, including the health and social effects of closures and physical distancing on First Nations. Inuit an d Métis peoples.

As part of our pandemic response, OPH has launched a new webpage that highlights COVID-19 resources for First Nations.

Inuit, and Métis community members. Resources Include information developed by Ottawa Public Health and local provincial and national Indigenous organizations. Several of the resources are available in a number of Indigenous languages that reflect the diversity of First Nations, Inuit and Métis peoples in Ottawa.

Please take the opportunity to learn about First Nations, Inuit and Métis peoples, anti-Indigenous racism, and to reflect on a personal commitment to address past and current injustices.

Meegwetch, Nia:wen, Qujannamilk, Marsee PAGE 3 MADAWAN MASENYGUN

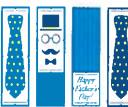
Father's Day Craft: A Bookmark



What you need:

- Construction paper for bookmark (or other patterned paper)
 - Markers/Colouring Pencils
 - Scissors

Father's Day Bookmarks



Santrages 1 for any order

Instructions:

Step One: Cut out the shape of your bookmark on your construction/patterned paper (Rectangle, circle, the shape of a tie).

Step Two: Decorate it how you like! (With markers, colouring pencils, glitter, etc).

COVID-19 Roadmap to Reopen - Key Highlights

Vaccination rate plus key health indicators'

1)

60% Adults with one dose



70% Adults with one dose 20% Fully vaccinated



70-80%

Permitted with restrictions



Outdoors first with limited, well-managed crowding and permitting restricted retail



Open Indoors with small numbers and face coverings and expand outdoors



- · Larger outdoor gatherings for up to 10 people
- · Outdoor dining for up to 4 people per table
- · Essential retail capacity at 25%
- · Non-essential retail at 15%
- Outdoor religious services, rites and ceremonies with capacity limited to permit 2 metres physical distancing
- Outdoor sports, training, and personal training for up to 10 people
- · Day camps
- -Campsites and campgrounds
- · Ontario Parks
- · Outdoor horse racing and motor speedways
- · Outdoor pools, splash pads and wading pools

- Larger outdoor gatherings for up to 25 people
- · Small indoor gatherings for up to 5 people
- · Outdoor dining for up to 6 people per table
- · Essential retail at 50% capacity
- · Non-essential retail capacity at 25%
- Personal care services where face coverings can be worn at all times
- Outdoor meeting and event spaces
- · Outdoor amusement and water parks
- · Outdoor boat tour operators
- · Outdoor county fairs and rural exhibitions
- Outdoor sports leagues and events
- Outdoor cinemas, performing arts, tive music

- · Larger indoor and outdoor gatherings
- · Indoor dining
- Essential and non-essential retail open with limited capacity
- Larger indoor religious services, rites, and ceremony gatherings
- · Indoor meeting and event spaces
- · Indoor sports and recreational facilities
- · Indoor seated events
- · Indoor attractions and cultural amenities
- · Casino and bingo halls
- Other outdoor activities from Step 2 permitted to operate indoors

•21 days before next step



•21 days before next step



* 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

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Recipe of the Month: Orange Cranberry Cake

Ingredients

- 1 package of Yellow cake mix
- 4 eggs
- 3/4 Cup orange juice
- 1/2 Cup canola or vegetable oil
- 1/4 Cup of water
- 1 Cup dried cranberries
- Powdered Sugar (Optional)



<u>Instructions</u>

Step One: Preheat the oven to 350F, grease and flour 10-inch Bundt pan.

Step Two: Combine cake mix, eggs, orange juice, oil and water in a large bowl; beat for 1-2 minutes or until well blended. Stir in cranberries. Pour batter into prepared pan.

Step Three: Bake for about 40 minutes or until toothpick inserted near centre comes out clean. Cool in pan for 10 minutes, invert onto a wire rack to cool completely. Sprinkle with powdered sugar, if desired.

Most importantly, have fun!



<u>Joke Corner</u>

Q: Why was the birthday cake as hard as a rock?

A: Because it was a marble cake!

