

GIGNUL MASENYGUN

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Tel: (613) 232-0016

Fax: (613) 232-1977

Email: s.wannamaker@bellnet.ca

www.gignulhousing.org



URBAN INDIGENOUS COVID-19 VACCINATION CLINIC



We continue to expand our vaccination program to include younger age groups. Visit 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



Wabano



For more information, visit wabano.com and ottawapublichealth.ca

Happy Canada Day!



Office Closures

We will be closed on

Thursday, July 1st, 2021 for
Canada Day.

Our office will re-open Fri-

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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 "90th" Birthday which she celebrated on June 15th.



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!

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 considerably. 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

Vaccination rate plus key health indicators*

1 **60%** Adults with one dose

2 **70%** Adults with one dose
20% Fully vaccinated

3 **70-80%** Adults with one dose
25% Fully vaccinated

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**

✓ **Expand indoors where face coverings can't always be worn**

- 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, live music events and attractions

- 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

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 ⅛ 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.