



Tel: (613) 232-0016 Fax: (613) 232-1977 Email: e.louttit@bellnet.ca www.gignulhousing.org

MADAWAN MASENYGUN

INDIGENOUS CULTURES TAKE CENTRE STAGE AS WINTERLUDE 2019 KICKS OFF

Festival adds Indigenous cultures showcase, LGBTQ events to 2019 schedule.

An expanded Winterlude kicked off this weekend in the National Capital Region, with thousands taking in both old and new events - including performances showcasing Indigenous cultures.

Sunday's powwow at the Canadian Museum of History was one of a number of additions to the 2019 lineup, as the two-week festival tries to be [less reliant on the Rideau Canal](#).

The first weekend celebrates Indigenous culture, with next weekend

devoted to recognizing the LGBTQ community.

"We really want to make sure that we see all Canadians represented in the program that we're doing," said Melanie Brault, director of major events with Canadian Heritage.

While Winterlude events have traditionally been held on the Rideau Canal and at Confederation Park and Jacques-Cartier Park, this year's festival has expanded to cover the Glebe, the Byward Market and Sparks Street.

The festival, which runs from February 1 to February 18, has also part-

nered with Capital Pride in 2019. An "ice cabaret" and other performances will take centre stage during Winterlude's second weekend.

Winterlude Around Town

Despite the opening weekend's snow and chill, people still headed out in droves.

Attendees checked out some of this year's ice and snow sculptures, took part in skiing and snowboarding, and slid their way through the Snowflake Kingdom in Jacques-Cartier Park.

In an average year, the festival sees about 600,000 visitors, Brault said.



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**DAYLIGHT SAVING TIME
SPRING ONE HOUR AHEAD
ON YOUR CLOCKS
MARCH 11 AT 2 AM**

**REMEMBER TO CHANGE THE BATTERIES IN YOUR SMOKE/CARBON MONOXIDE DETECTORS!
SMOKE/CARBON MONOXIDE SAVE LIVES!!**



STORING FOOTWEAR IN APARTMENT'S HALLWAY COULD RESULT IN TENANT GETTING THE BOOT

QUESTION

I live in the basement level of an apartment building. One of the other tenants in the basement treats the whole hallway as her personal storage space. It has become worse in the winter with her boots and stuff. I'm always worried about tripping, but I'm really worried if there is a fire and power failure. I'd be stumbling in the dark trying to get out of danger. Shouldn't the landlord do something about this?

ANSWER

The law governing the situation are the Residential Tenancy Act (RTA) and the Ontario Fire Code (made under the Fire Protection and Prevention Act).

The Fire Code specifies the number and type of exits that are required. It also provides that the exits shall be kept free of obstructions. If a fire inspector finds obstructions, he or she can issue a ticket against the tenant who has caused the obstruction or against the landlord (for allowing the obstruction).

As part of the landlord's duty to comply with all housing standards re-

quired by law, the landlord needs to act to make tenants comply with the Fire Code by keeping exits clear. There can be practical issues around whether items such as boots can be left to one side of a passageway or stairwell, but let's assume there is an obstruction as contemplated by the Fire Code.

Usually, it is best to start by asking your neighbour to move her things inside her unit. People can be blind to the impact of their behaviour on others. A polite indication of that impact, with a specific request, can often solve a problem. If that approach is not effective, you should report the problem to the landlord.

After receiving proper notice from you, the landlord should find out which tenant(s) are causing the obstructions and then tell them to remove the obstructions. For the landlord's own protection (against a charge from the Fire Department), the landlord is best to give notice to the tenant in writing.

If an initial letter requiring the clearance of the obstructions does not work, then the landlord can best serve the offending tenant a notice of

termination for illegal act or for interfering with safety. Hopefully, that notice and a discussion can make it clear to the offending tenant that the issue is taken very seriously, and the tenant will address the problem.

If the tenant does not comply, then the landlord can apply to the Landlord and Tenant Board (LTB) for an order terminating the tenancy and evicting the tenant. Unlike the situation for other grounds of termination, the RTA does not give the tenant an automatic right to remedy the problem within seven days and save their tenancy. For an illegal act or impairing safety, a landlord can apply for termination immediately after giving the notice of termination.

However, for relatively minor safety matters, the LTB is likely to order the tenant to restore and maintain safety, and to allow the landlord to come back to the LTB if the tenant again creates an unsafe situation.

SOLURCE BY: DICKIE & LYMAN LLP: WHO PRACTICE LANDLORD/ TENANT LAW AND OTHER AREAS OF LAW

FIRE EXITS

Keep fire exits clear. Do not store bicycles, sporting equipment and garbage in hallways or stairwells.

Fire doors help contain smoke and fire. They do not function properly if

they are wedged open or tied back.

It is against the law to tamper with exit doors, fire extinguishers, automatic fire or smoke systems, automatic fire or smoke detection sys-

tems, or manual or automatic fire alarm systems.

Remember! Plan and practice two escape routes out of your home. It may save your life!!



RECYCLING IDEAS FOR HOLIDAYS AND EVERY DAY

Now is the time of year to get what you no longer want or need into the hands of someone who does!

Here are some tips to help you de-clutter:

{} Bedroom starting in a corner, clear one surface at a time. Donate what you don't want.

{} Home office clear everything off your desk except your computer. Choose three items you must have within arm's reach. Sort the rest into three piles: review, donate, toss. Take old computers to a second-hand shop.

{} Kitchen look for "forgotten" things

tucked away in hard-to-reach places.

{} Garage, carport or storage locker see if your neighbours want your unused bikes and sports equipment. Or snap photos and post for sale online.

{} Camping, BBQ equipment offer for free online. (Clean goods go faster than dirty ones).

{} Anything on wheels post online.

{} Closes local shoemakers may be able to use parts of shoes in reasonable shape. The rest you can consign, sell online through second-hand marketplaces such as Craigslist, Facebook Marketplace or Kijiji, or donate to charity thrift stores at your

local hospital, the SPCA or Goodwill.

{} Pet goods Rescue organizations need animal transport crates, old towels, leashes and dishes.

{} Sell online the sharing economy helps build community and keep useful items out of the landfill. Great, close-up photos are key to successful online transactions. Create a descriptive, enticing posts. Be sure the stuff you're selling is in season.

{} Buy less, commit to bringing less into your home. Consider what you really need rather than what you want.

FALL-PREVENTION MEASURES CAN KEEP OLDER ADULTS INDEPENDENT

Make Your Home Safe

While falls can occur anywhere, they most often occur at home. Try these tips to make your home safer.

{} Remove clutter, small furniture, pet gear, electrical cords, throw rugs and anything else that might cause someone to trip.

{} Arrange or remove furniture so there is plenty of room for walking.

{} Add grab bars inside and outside of your bathtub or shower and next to the toilet.

{} Put railings on both sides of the stairs, and make sure stairs and hallways have good lighting.

{} Make sure outdoor areas are well lit and walkways are smooth and free of puddles/ice.

While we all are aging every day, fall do not have to be a part of that process. Understanding fall risks is the first step to keeping our loved ones and ourselves safe.

WINTER SAFETY TIPS

{} Dress in insulated, waterproof layers to keep in body heat and keep out moisture

{} Cold weather causes extra strain on the heart, so avoid over-exertion

{} Stock up on nonperishable foods and bottled water

{} Use sand or cat litter to gain trac-

tion in icy road conditions

{} Close unused rooms in your house and cover windows to conserve heat

{} Keep the gas tank in your car full to prevent fuel from freezing

{} Pack an emergency kit, extra clothes and blankets in the trunk of your car.

{} Keep space heaters 3 feet away from flammable materials and never leave them unsupervised

{} Open cabinet doors to circulate warmer air to water pipes that might freeze in the cold

{} Keep a battery-operated radio and flashlight in case of power outages during winter storms



RECIPE OF THE MONTH

Honey-Garlic Glazed Meatballs

Ingredients

- 2 large eggs
- ¾ cup milk
- 1 cup dry bread crumbs
- ½ cup finely chopped onion
- 2 tsp salt
- 2 lbs. Ground beef
- 4 garlic cloves, minced
- 1 tbsp butter
- ¾ cup ketchup
- ½ cup honey
- 3 tbsp soy sauce

In a large bowl, combine eggs and milk. Add the bread crumbs, onion and salt. Crumble beef over mixture and mix well. Shape into 1 inch balls. Place on greased racks in shallow baking pans. Bake, uncovered, at 400°F for 12-15 minutes or until meat is not longer pink.

Meanwhile, in a large saucepan, sauté garlic in butter until tender. Stir in the ketchup, honey and soy sauce. Bring to a boil. Reduce heat, cover and simmer for 5 minutes. Drain meatballs and add to sauce. Carefully stir in to evenly coat, cook for 5-10 minutes.

JOKE CORNER

(Q) What happens if you eat yeast and shoe polish?

(A) Every morning you'll rise and shine!

(Q) What did the baby corn say to the mama corn?

(A) Where's Popcorn?"

(Q) What do you get when you cross a cow and a duck?

(A) Milk and quackers!

(Q) What did the judge say when the skunk walked in the court room?

(A) Odor in the court.

WHAT TO DO IF A FIRE STARTS

☞ Know how to safely operate a fire extinguisher.

☞ Remember to **GET OUT, STAY OUT AND CALL 9-1-1** or your local emergency phone number.

☞ Yell "Fire!" several times and go outside right away. If you live in a building with elevators, use the stairs. Leave all your things where they are and save yourself.

☞ If closed doors or handles are warm or smoke blocks your primary escape route, use your second way out. Never open doors that are warm to the touch.

☞ If you must escape through smoke, get low and go under the smoke to your exit. Close doors behind you.

☞ If smoke, heat or flames block your exit routes, stay in the room with doors closed. Place a wet towel under the door and call the fire department or 9-1-1. Open a window and wave a brightly coloured cloth or flashlight to signal for help.

☞ Once you are outside, go to your meeting place and then send one person to call the fire department.

If you cannot get to your meeting place, follow your family emergency

communication plan.

If your clothes catch on fire:

☞ Stop what you're doing.

☞ Drop to the ground and cover your face if you can.

☞ Roll over and over or back and forth until the flames go out. Running will only make the fire burn faster.

Then: Once the flames are out, cool the burned skin with water for three or five minutes. Call for medical attention.

BARKING DOGS

A constantly barking dog can be loud and can disturb you or your neighbours. It could also be a violation of [Ottawa's Animal Care and Control By-law 2003-77](#).

Pet owners must prevent their pet from constant barking or causing other noise that disturbs people and the neighbourhood.

[Report a noise complaint about barking dogs](#).(link is external)

An Ottawa by-law officer will be in touch to help you with your complaint.

Please refer to the [Ottawa's Animal Care and Control By-law 2003-77](#) for more information.