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# MADAWAN MASENYGUN

## WINTERLUDE, CAPITAL'S WINTER CELEBRATION

A unique winter festival featuring snow and ice sculpture competitions, snow playgrounds, and skating and sporting events which transform Ottawa into a winter wonderland.

Come celebrate Canadian winter fun during the annual **Winterlude** festival in Ottawa, **January 31 to February 17, 2020!**

During this free annual event, you can marvel at beautiful ice sculptures, skate on the world-famous Rideau Canal Skateway, and play till you drop in Snowflake Kingdom. But many more indoor and outdoor activi-

ties await, all highlighting Canada's cultural, artistic and culinary diversity!

Most festival activities are free and take place in the urban Ottawa-Gatineau region during the first three weekends of February (including Family Day, Monday, Feb. 18).

During Winterlude, special programming is offered at sites on or near the skateway, including these two big events:

🔗 **Winterlude Triathlon:** On February 1, cheer on brave athletes who skate, ski and run at Dows Lake!

🔗 **Beavertails Ottawa Ice Dragon Boat Festival:** On February 7-8, dragon boats outfitted with special blades race down the frozen Rideau Canal Skateway at Dows Lake. Plus, enjoy free concerts inside the Dows Lake Pavilion!

### Free Bus Shuttle Between Official Sites

The free OLG Sno-Bus provided by OC Transpo and the Société de transport de l'Outaouais (STO) are a great way to get between official Winterlude sites on weekends and on a Family Day (Feb. 17).



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## WINTER SAFETY TIPS FOR SENIORS

Baby, it's cold outside! Winter is upon us and along with that first magi-

cal snowfall comes many challenges for the elderly. Here are some tips to

improving during the long winter months.  
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## LANDLORD NOT OBLIGATED TO KEEP ALL ENTRY POINTS ACCESSIBLE DURING WINTER MONTHS

### QUESTION

I've lived in my current apartment for three years. There are two towers side by side. When I moved in, indoor parking was apparently in short supply. Getting to my parking spot the official way is a long walk, but I found a shortcut that involves stepping out of my building and going down a fire exit from the garage. That worked fine until after Christmas this year, when I found the exit door would not open from the outside. After trying the door for several days, I asked the super about it. He told me someone had slipped on the stairs, and the property manager now has him keeping an eye on the door to keep it closed for the security of the garage. There may even be a plan to alter the door so that it will only open if a fire alarm is activated. Do I have to make the long walk now? Shouldn't the super keep those stairs free of snow and ice so that people can use them?

### ANSWER

You are correct in stating that the landlord has an obligation to clear the stairs of the fire exit. However, as long as they are passable, that clearance job could be one of the last ar-

reas the super attends to after each snow or ice event.

The landlord also has an obligation to address the security of the parking garage in a reasonable way. That could include setting up the doors to fire exits so that they only open from the inside after an alarm has been activated. Those measures are not necessary at every building, but they can be sensible measures to take at many buildings.

The law would not consider such a security enhancement as a service reduction just because it means you have lost your shortcut.

A similar issue sometimes arises with outside stairs that are closed for the winter. Some buildings provide outside shortcuts for pedestrians to access streets or bus stops at the back or side of the building, while cars access the building "the long way around."

Because of our harsh winters in Ottawa, landlords can choose to close the stairs and not maintain them during the winter. No matter how hard the building staff work, the staircase could be dangerous any time there is ice or snow.

Landlords should make sure that such a stairway is clearly marked as closed, and possibly barricaded or chained off to avoid accidents. That does not apply to your shortcut, since it is a fire exit and must be unimpeded for emergency use from the inside of the parking garage.

Because of similar safety, economic and insurance concerns, closing or reducing outdoor stairways is a common practice in parks and on university campuses. There too, it may not be reasonable to keep the most convenient fair-weather access open during an Ottawa winter.

Your practical remedy is to ask for the landlord to assign you a new parking place closer to the official access from your apartment. When other tenants move out, the landlord may be able to do that. However, that is not a sure thing, since more convenient spaces may be needed for tenants with mobility issues.

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

## WINTER SAFETY TIPS FOR SENIORS

### Walking in a Winter Wonderland

🔗 Dress appropriately. Make sure to bundle up properly in a warm coat, scarves and gloves. Exposed skin is extremely vulnerable to our freezing

temperatures and blustery winds.

🔗 Tread carefully and carry a big stick. Boots must have a good tread to provide stability and canes with an "ice-grip tip" can provide extra stabil-

ity.

🔗 Lend a hand. When accompanying an elderly person, it is best for the

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## APARTMENT FIRE SAFETY TIPS

You may be well-versed in fire safety tips for homes but living in an apartment building presents a different set of concerns that you need to acknowledge, especially for those who live on a high floor of an apartment building. You can help protect and prepare yourself in the event of an emergency in your apartment building by following the precautions below.

### Install Reliable Protection

Do your part in making sure your apartment has working smoke and CO alarms installed. Alarms should be on every level for multi-story apartments, as well as outside each sleeping area and in every bedroom. Test your alarms monthly and change the batteries every six months, or upgrade to our 10-year sealed battery alarms for hassle free protection. Fire extinguishers should also be on every level of your apartment and in the kitchen. Have your kitchen fire extinguisher easily accessible in the event of a cooking fire.

### Have An Escape Route

If a fire were to start in your apartment building, do you know what your escape route would be? Start by counting the number of doors between your unit and the nearest fire exit. Look around your floor to make sure you know where all of the exit doors are, and make sure to establish an evacuation plan that you practice regularly. If a fire does start, don't prop open any exit or stairway doors. If you are located on a high floor, consider investing in an escape ladder for your window.

### Stay Outside

Once you have safely evacuated your building, call 911 and do not go back inside. If you are worried someone is still inside, make sure to alert firefighters where you think they are. Only go back inside once firefighters tell you that it is safe to do so.

### Apartment Fire Prevention

Help protect yourself and prevent fires from starting in your apartment

with the following tips.

- ⌘ Use surge protectors to keep appliances safe
- ⌘ Don't overload circuits
- ⌘ Don't use cords that are frayed or cracked
- ⌘ Don't run cords under rugs or between rooms
- ⌘ Never leave a portable space heater unattended
- ⌘ Ensure children cannot reach matches or lighters
- ⌘ Don't store flammable items inside of your apartment
- ⌘ Never leave candles burning unattended
- ⌘ If you are cooking something, don't leave food unattended on the stove

### Stay Calm:

In the event of a fire, stay calm. Move to the exit as you have practiced. Call the fire department once you are outside.

## PERSONAL ROBBERY AND SWARMINGS

### Safety Tips

- ⌘ Be alert to your surroundings and avoid isolated areas, in particular after dark and when withdrawing money from ATMs;
- ⌘ Travel with multiple friends whenever possible;
- ⌘ Be wary of inadvertently displaying possessions such as cell phones and personal music devices; and,

⌘ Let someone know where you are going and when you can be expected home.

### Know What To Do If You Become A Victim

- ⌘ Do not resist your attackers armed and this could lead to serious injury or death.
- ⌘ Try and memorize their faces, clothing and license plates if they

leave in vehicles;

⌘ Call 911 as soon as possible, or if you are around an OC Transpo facility look for an emergency call box; and;

⌘ If you are a student and are robbed at school or by someone from your school, report the event to the office and to the Ottawa Police Service.

## RECIPE OF THE MONTH

### Quicker Chicken & Dumplings

- 1 1/2 cups 2% milk
- 1 1/2 cups frozen mixed vegetables, thawed
- 2 1/2 cups cubed chicken
- 1 can (10 3/4 oz.) condensed cream of chicken soup, undiluted
- 1/2 tsp garlic powder
- 1/4 tsp poultry seasoning

### Dumplings

- 1 cup biscuit/baking mix
- 1/3 cup french-fried onions, coarsely chopped
- 7 tbsp 2% milk

1 tbsp chopped fresh parsley

### Directions

In a Dutch oven, combine the first 6 ingredients; bring to a boil, stirring occasionally.

Meanwhile, in a small bowl, combine the biscuit mix, onions, milk and parsley just until moistened. Drop by heaping teaspoonfuls onto simmering stew. Cook, uncovered for 10 minutes.

Cover and simmer for 10-12 minutes longer or until a toothpick inserted in a dumpling comes out clean (do not lift the cover while simmering).

## JOKE CORNER

A man asked his wife: "What would you do if I won a lottery?" She replied: "I'd take half and leave you." Great, he said. "I won \$12.00, here's \$6.00 and stay in touch."

I asked my grandpa, "After 65 years, you still call grandma Darling, Beautiful and Honey. What's the secret?" He said, "I forgot her name 5 years ago and I'm scared to ask her".

The three hardest things to say are; (1) I was wrong (2) I need help (3) Worcestershire Sauce

"Can you please fax over your resume?" Asked the interviewer. "I'm sorry" responded the blonde, "it's my only copy!"

## WINTER SAFETY TIPS FOR SENIORS

caregiver to hold onto the senior's arm, not the other way around.

☞ If it's breezy, take it easy! A walk can be a great form of exercise and do wonders for our mental health as well, but strong winds can cause an elderly person to lose their balance and fall causing injury. Check the weather before you head out!

### On The Road Again

☞ Winterize your car. Driving can be especially difficult in the winter due to treacherous road conditions. Make sure the car has been properly serviced (i.e. winter tires, anti-freeze, windshield wipers and fluid) and keep an emergency kit with a blanket and flashlight in the car.

☞ Timing is everything. When possible, schedule outings and appointments so that you can avoid traffic

and driving in the dark.

☞ Call ahead. Parking can be extremely challenging in the winter due to poor snow removal and street regulations. If you are going somewhere new, call to ask about parking and make sure you have clear directions.

☞ Stay in touch. Bring a cell phone with you in case of emergencies. Keep it charged, but DO NOT use it while driving! Let someone know where you are going, when you are leaving and when you expect to return.

☞ Taxi! If you have an appointment you simply can't miss but don't want to drive yourself for whatever reason (poor road conditions, unknown area, difficulty parking) consider calling a cab. You can also request a

driver who will help you into the building. Be sure to tip for extra assistance.

### When in Doubt, Don't Go Out!

Despite all the preparations and precautions, some winter days are just too dangerous for an elderly person to venture out.

☞ Be prepared to stay in. Keeping enough basic supplies such as canned goods, toiletries and pet food to weather out a stormy day is an important part of eldercare.

☞ Order-in. If you don't happen to run out of any essentials, there are grocery stores and pharmacies that deliver. Call around in your area to find out which ones do and what their hours and delivery fees are.