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TIPS TO KEEP YOUR CHILDREN ENTERTAINED AND SAFE

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The cold weather means that older children are often confined indoors and that boredom quickly sets in so they spend a lot of time online...

For many children the July/August school holidays are a welcome break, but for many parents - who have to work - it is a stressful period of constantly wondering if their child or teenager is safe.

There are some basic and practical safety precautions parents can share with their children regardless of whether they are left with a caregiver, domestic staff or stay at home by themselves. It is important that they know to always keep entry and exit doors locked, and that nobody is to enter

the property without permission.

Here are some valuable hints and tips parents can share with children:

⌘ Never post any personal information online - like an address or mobile number.

⌘ Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.

⌘ Keep your privacy settings as high as possible.

⌘ Never give out your passwords.

⌘ Don't befriend people you don't know.

⌘ Don't meet up with people you've met online. Your child should always tell you if an online contact they have never met suggests they meet up.

⌘ Remember that not everyone online is who they say they are.

⌘ Think carefully about what you say before you post something online.

⌘ Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude.

⌘ If a child sees something online that makes them feel uncomfortable, unsafe or worried: they should leave the website, turn off their computer and tell someone immediately.

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HEAT SAFETY

⌘ Hot cars can be deadly. Never leave children or pets in your vehicle. The inside temperature of the car can quickly reach 120 degrees. Check on animals frequently to ensure that they

are not suffering from the heat. Make sure they have plenty of cool water.

⌘ Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.

⌘ Wear loose-fitting, lightweight, light-coloured clothing. Avoid dark colours because they absorb the sun's rays.

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AS THE CANNABIS ACT ROLLS OUT, HERE'S WHAT TENANTS NEED TO KNOW

QUESTION

Now that the federal Cannabis Act has been passed, making it legal to grow and smoke marijuana, do we know what the situation is for rental properties?

ANSWER

The Prime Minister has announced that the federal Cannabis Act will come to force on Oct. 17, this year. Until then, it is still a crime to grow or possess (or smoke) marijuana unless a person has a medical certificate.

On and after Oct. 17, it will no longer be a crime to grow or possess (or smoke) marijuana within the parameters set by the Cannabis Act. For growing, the key restriction is that in any dwelling unit not more than four cannabis plants can be grown by the adults who reside there. That applies regardless of how many adults reside in the dwelling unit, whether there are children in the dwelling, and whether the dwelling is an owner-occupied home, a rental apartment or any other form of dwelling.

However, even though such growing for personal use is not a crime, people may not have the right to grow everywhere, and certainly will not have the right to grow in any way they choose in rental buildings. Quebec

has banned all home growing, and probably has the constitutional power to do so. Ontario has chosen not to ban home growing.

However, in rental buildings in Ontario, tenants are obliged to behave in ways that do not impair the safety of themselves and others, and in ways that do not substantially interfere with other tenants' reasonable enjoyment of their units or with the landlords' lawful rights and interests.

Landlords can and do police and prevent behaviour that:

- ⌘ raises the risk of fire (such as the use of grow lamps, which would overload the building's electrical circuits),
- ⌘ damages the building (such as elevated levels of humidity),
- ⌘ interferes with other tenants (if other tenants complain about the smell of budding cannabis plants).

Landlords can and do make tenants limit their smoking. Even now, that applies to both tobacco and marijuana. After Oct. 17, it will continue to apply to both tobacco and marijuana.

By Ontario provincial law, smoking is banned in common areas of rental buildings. Generally, in most buildings, a tenant is expected to put up with occasional exposure to second-

hand smoke coming from another apartment, but is not expected to put up with an excessive amount of second-hand smoke.

Avoiding too much second-hand smoking may mean the tenant who is smoking anything may need to smoke on one side of their apartment, to open a window to draw out the smoke or to use a fan to push the smoke out of a window away from the unit of the tenant who objects to the smoke. The landlord should fill any obvious holes in the walls between the smoker's apartment and other apartments to minimize the entry smoke.

Once any holes are sealed, if the smoker's efforts to avoid emitting significant smoke fail more than a few times a year, (and the smoke continues to bother another tenant), then the landlord can give the smoker a notice of termination for interference with reasonable enjoyment. This rule is the same for tobacco and marijuana smoke. If the smoker continues to spew out smoke, then a landlord can take them to the Landlord and Tenant Board to seek to evict them.

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HEAT SAFETY

⌘ Avoid extreme temperatures changes.

⌘ Check on family, friends and neighbours who do not have air con-

ditioning, who spend much of their time alone or who are more likely to be affected by the heat. If someone doesn't have air conditioning, they

should seek relief from the heat during the warmest part of the day in places like schools, libraries, theatres, malls, etc.

TIPS AND STATS TO MAKE A SMART FIRE SAFETY PLAN THIS SUMMER

If your smoke alarms go off in the middle of the night, do you know what to do? Fire experts predict you only have a few minutes to get out safely in an emergency – but many families are not prepared for such a situation. A recent First Alert survey revealed that just 56 per cent of Canadians have a fire escape plan, and among those who do, just one in five said they practice it at least twice a year. Here are steps from the experts at First Alert to ensure your readers have an effective emergency escape plan:

☞ Involve everyone in your household in developing a plan. Walk through your home and identify all possible exits and routes. Identify two ways out

of each room, including windows and doors.

☞ Install smoke and carbon monoxide alarms and test them regularly. For alarms without 10-year sealed batteries, it is important to change the batteries at least every six months. It's safest to install both photoelectric and ionization detectors in or near every bedroom and on every level of a home, including the basement.

☞ Choose an outside meeting place like a neighbour's house, light post or mailbox that's a safe distance in front of your home where everyone can meet after they've escaped.

☞ Have everyone remember to call

the fire department if they are the first one safely out of the home.

☞ Once you're out, stay out. Under no circumstances should you ever go back into a burning building. If someone is missing, inform the fire department dispatcher when you call. Firefighters have the skills and equipment to perform rescues.

☞ Practice your home escape plan at least twice a year, making drills as realistic as possible. Allow children to master the escape plan before holding a fire drill at night when they are sleeping. The objective is to practice, not frighten, so telling children there will be a drill before they go to bed can be as effective as a surprise drill.

HOUSE FIRE AFTER COOKING OIL SETS ALIGHT

Always follow the safety tips to stay as safe as possible in the kitchen. Top Cooking Safety Tips Are:

☞ Avoid leaving cooking unattended and never leave children in the kitchen alone.

☞ Take care if you're wearing loose clothing - it can easily catch fire.

☞ Keep tea towels and cloths away

from the cooker and hob.

☞ Check toasters are clean and placed away from curtains and kitchen rolls.

☞ Keep the oven, hob and grill clean and in good working order. A build-up of fat and grease can ignite a fire.

☞ Take care when cooking with hot oil - it sets alight easily. If the oil starts to

smoke it's too hot. Turn off the heat and leave it to cool. Ideally cook oven chips but if you are deep fat frying then use a thermostat controlled electric deep fat fryer - they can't over-heat.

☞ Never try to cook after a night of drinking. It is far better to grab a kebab on the way home than to attempt to cook while intoxicated.

TIPS TO GET RID OF FRUIT FLIES

3 types of flies you might find in your home: Fungus Gnats, Fruit Flies, and Drain Flies.

Avoid leaving used scouring pads or washcloths in the sink.

Run the garbage disposal or refrain from putting any food down the disposal.

Dispose of cans, bottles and food boxes that may be left out.

Clean dirty dishes.

Replace kitchen garbage and recycling with a clean bag as often as possible.



RECIPE OF THE MONTH

Simple Tomato Cucumber & Avocado Salad

Craving something light and refreshing? Try this simple tomato, cucumber and avocado salad. Topped with cilantro, sunflower seeds and a lemon vinaigrette.

Ingredients

1 cup grape tomatoes, halved
1/2 English cucumber, sliced & quartered
1 Avocado, chopped
1/4 cup cilantro, chopped
1 tbsp sunflower seeds
3 tbsp lemon juice (about 1/2 lemon)
1 tbsp extra virgin olive oil
1/4 tsp salt
1/4 tsp ground black pepper

Instructions

In a large bowl, add tomatoes, cucumber, avocado, cilantro, sunflower seeds.

In a small bowl, mix together the lemon juice, olive oil, salt & pepper.

Pour over the salad and toss gently to combine.

HOT FORECAST FOR CANADA DAY WEEKEND

Public Health has released a series of tips and advice for residents during the hot weather.

☞ Drink plenty of fluids throughout the day, preferably water and limit or avoid caffeine and alcohol.

☞ Be cautious if engaging in Canada Day events and avoid strenuous physical activity outdoors.

☞ Limit or avoid direct exposure to the sun and wear a sunscreen with SPF 30 or higher, a wide brimmed hat, sunglasses and SPF lip balm. Dress in light and loose fitting clothing.

☞ Look for shade or a cool shelter in an air-conditioned location such as a shopping mall, local library or community centre.

☞ If taking part in Canada Day celebrations, especially where large crowds are expected, please limit your exposure by planning where to seek shelter from the heat.

☞ Never leave children, the elderly or pets unattended in a car, even with the windows open.

☞ Take frequent showers or baths. If you cannot shower or bath easily, sponge often with cool wet towels. Focus on cooling the back of the neck, under the arms and groin area. Soak feet and hands in a basin of cool water.

☞ Stay connected with people in your community who have a difficult time coping with hot weather and those who live alone and check on them regularly.

☞ Those who do need to be outside are advised to wear loose-fitting, light-colored clothing, sunglasses, sunscreen (SPF of 30 or more) and a hat. Plan activities to avoid being outside between 10 a.m. and 4 p.m. Rest frequently in shaded areas, and stay hydrated. Stop activity and get into a cool area if you become lightheaded, confused, weak or faint. Extreme heat can be a concern to healthy people as well, including children participating in outdoor activities such as summer camps and athletic events and practices.

KITCHEN

Unclog Refrigerator Coils

Risk: When coils are clogged with dust, pet hair, and cobwebs, they can't efficiently release heat. That makes your refrigerator's compressor work harder and longer than necessary, using more energy and shortening its life.

How To DIY It: Coils are located on the back of the refrigerator or across the bottom. Pull the fridge away from the wall. (Hint: Grab the sides and pull from the bottom. You may want to lay

card-board on the floor first to prevent scratching). Clean coils with a coil-cleaning brush (about \$10 at home centers), then vacuum. Do this every six months or so.

While You're At It: Wipe down the rubber gaskets that line the inside edges of the refrigerator and freezer doors, as a poor seal can also make your appliance less efficient. Use warm water and a sponge (no detergents, which can do damage).

JOKE CORNER

(Q) What do chemists' dogs do with their bones?

(A) They barium.

(Q) What did the cat say when the mouse got away?

(A) You've got to be kitten me!

(Q) What did the ocean say to the sailboat?

(A) Nothing, it just waved.

(Q) What is the Mexican weather report?

(A) Chili today and hot tamale!

