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# MADAWAN MASENYGUN

## NATIONAL INDIGENOUS PEOPLES DAY - CELEBRATE CANADA DAYS 2019



On June 21, celebrate the heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis!

In cooperation with Indigenous Peoples' national organizations, the Government of Canada designated June 21 National Indigenous Peoples Day, a celebration of Indigenous Peoples' culture and heritage. This date was

chosen because it corresponds to the summer solstice, the longest day of the year, and because for generations, many Indigenous Peoples' groups have celebrated their culture and heritage at this time of year.

National Indigenous Peoples Day is a wonderful opportunity to become better acquainted with the cultural diversity of First

Nations, Inuit and Métis peoples, discover the unique accomplishments of Indigenous Peoples in fields as varied as agriculture, the environment and the arts, and celebrate their significant contribution to Canadian society.

Get more information on [National Indigenous Peoples Day](#) and learn how to plan this special day.

Gignul/Madawan will be closed on Friday, June 21, 2019 for National Indigenous Peoples Day.

Will re-open Tuesday, June 24, 2019.

8:30 a.m - 5:00 p.m.

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## THREE OFFICIAL SITES

Canada Day weekend events are held at the following three official sites:

**Parliament Hill:** The centerpiece of Ottawa's downtown landscape, the political and cultural heart of the city, and the main site for Canada Day festivities.

**Major Hill Park:** Conveniently located just a few minutes walk from Parliament Hill, between the Fairmont Château Laurier and the National Gallery of Canada, this beautiful green space features family-friendly programming and performances.

**Canadian Museum of History:** Enjoy indoor and outdoor live entertainment at Canada's most visited museum, conveniently located in Gatineau, Quebec, just across the Ottawa River from other official Canada Day sites.

## LANDLORD HAS THE RIGHT TO CHARGE EXTRA FOR AIR CONDITIONER USAGE

### QUESTION

I live on the top floor of a triplex in Vanier. Last summer, on hot days, the temperature in my apartment was unbearable. I want to install an air conditioner in my bedroom window so that I can sleep. Can I just go ahead and do that, or do I have to deal with my landlord? The tenant who lives below me says that the landlord charges \$150 per season for the extra electricity to run an air conditioner. Is that legal?

### ANSWER

An additional charge for the electricity to run an air conditioner is legal under the Residential Tenancies Act (the "RTA"). Generally, it is perfectly proper for the landlord to insist on such a charge if you want to install an air conditioner.

Under the regulations of the RTA, the charge should be the landlord's actual cost for the electricity. However, as a practical matter both tenants and landlords want to agree in advance on a fixed charge based on the approximate cost of the electricity to operate a window air conditioner. Given the cost of electricity, \$150 or \$200 for the season is a reasonable estimate of the cost for Ottawa's cooling season for an air conditioner

in a small apartment.

As to installing the air conditioner, you should speak with your landlord. There are usually methods of installing an air conditioner that do little or no damage to the window frame, and the landlord will probably know what those methods are. As a tenant, you are responsible to repair or pay for any damage you cause to the rental unit other than ordinary wear and tear. You would be responsible for damage to the window frame due to the improper installation of an air conditioner.

In addition, there are safety concerns with window air conditioners. They are heavy, and if they are not installed correctly they can fall out of the window, which can happen either during the installation process or afterwards. If an air conditioner falls out of a window it can potentially injure a person who happens to be below the window at the time.

For those reasons, it is essential that the A/C unit be installed correctly and safely.

Since you live in a low-rise building that does not have central air conditioning system, this is not your concern, but it can be difficult for building managers of high-rise buildings to provide good cooling. As those buildings

are usually designed, heating and cooling is done by running hot or cold water (or a special liquid) through the same set of pipes. In a large building it will typically take 24 hours or more to switch back and forth between heating and cooling.

Therefore, weather that switches between hot and cold creates a dilemma for building managers. If they switch the system over from heating to cooling they will make their tenants happy with the cooling, but the tenants and the owner will not be very happy with the cooling, but the tenants and the owner will not be very happy when the weather cools off, and heat is needed but not available. Until late May, temperatures below freezing are even possible, and that creates a risk of damage to a building and serious discomfort to tenants. As of June, given Ottawa's usual track record of heat, most tenants would want cooling to be available and would be prepared to take the risk of some cool nights to get it.

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

## IMPORTANT REMINDER

If you have an electrical problems call your landlord.

⚡ Frequent problems with blowing fuses or tripping circuit breakers.

⚡ A tingling feeling when you touch an electrical appliance.

⚡ Discolored or warm wall outlets.

⚡ A burning or rubbery smell coming

from an appliance.

⚡ Flickering or dimming lights

⚡ Sparks from an outlet.

## 10 IMPORTANT KITCHEN SAFETY TIPS FOR EVERY WOMAN

Here are some safety tips to observe in the kitchen:

- ✂ Keep knives in a drawer or wooden block. Keep knives far from the reach of children
- ✂ Don't cook with loose clothing or with hair exposed. You don't want your clothing to catch fire accidentally neither do you want to see hair strands in your food.
- ✂ Don't cook with dangling jewelry. This can get caught up with pot handles. You don't want to be strug-

gling with your bracelet and pot cover or handle.

- ✂ Turn your pot handles away from the front of the stoves. That way, adults can't bump into them on the way. Children also will not be able to grab them too.
- ✂ Refrigerate raw meat, fish and certain dairy products that are temperature - sensitive and can spoil quickly to avoid the build-up of bacteria.
- ✂ Ensure you keep the kitchen floor dry so that no one falls or slips.

✂ Separate raw meat/chicken from other items to avoid cross-contamination of bacteria of one food to another.

✂ Wash your hand thoroughly in the kitchen before and after handling food.

✂ Do your best to avoid kitchen fire. Do well to get fire extinguisher in case of fire outbreak.

✂ Be careful not to leave pot holders exposed to open flames.

## HOW SAFE IS YOUR HOME? 10 SPOTS TO DOUBLECHECK THIS MONTH

Your home should be your refuge from the world - the place where you can feel the most safe and secure. Unfortunately, almost half of all accidental injuries happen in the very place we for solace at home. That's especially true in homes with children and seniors....

### Bedroom

Seniors are particularly at risk of a fall in the bedroom, with potentially devastating results. The path from bed to door should always be free of clutter or small rugs that could be tripping hazards, and at nightlight is a must-have for nighttime trips to the bathroom.

### Bathtub

The bathtub presents two dangers: falls and drowning. Never leave a child under the age of six in the tub alone, and ward off falls with a non-slip bathmat placed next to the tub, as well as a nonslip mat or stickers adhered to the tub bottom.

### Laundry Room

The clothes dryer is one of the most common culprits when it comes to home fires. Clean the lint trap after each use, and clean the dryer vent at least once a year; seasonal cleanings are even better.

### Stove and Oven

The kitchen is another room laden with dual dangers - in this case, fires and burns. Aside from keeping dinner simmering in a slow cooker, never leave your house when something is cooking, and keep an eye on your kids when the oven or the burners are on. When replacing an outdated range, consider going with a model equipped with a light that alerts you when the surface is hot.

### Stairs

A tumble down the stairs is usually painful, but in some cases it can result in broken bones or even death. Keep your staircase of clutter, make sure

carpet or runners are securely tacked down, and repair damaged banisters or balusters right away.

### Windows

Even if you live in a single story house, a fall from a window can cause injuries in young children. Keep windows locked, or install childproof window jams and wedges so curious little ones can't open them on their own.

### Electrical Outlets

Overloaded electrical outlets are not only a potential fire hazard, they can also deliver a serious electrical shock. Never string extension cords together, or plug more than one multi-plug adapter into a single outlet.

### Front Entry

A front entry that's cluttered with boxes or furniture, or a front walk blocked with toys, garden hoses, or

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## RECIPE OF THE MONTH

### Linguine with Fresh Tomato Sauce

#### Ingredients

6 oz whole whole-wheat linguine  
2 tsp olive oil  
1 cup chopped red bell pepper  
½ cup chopped onion  
1 (8 oz) can no-salt-added tomato sauce  
⅛ tsp salt  
⅓ cup chopped fresh basil  
¼ cup grated Parmesan cheese

#### Preparation

Bring a large saucepan of lightly salted water to a boil. Cook linguine for 1 minute less than directed on package. Drain, reserving ½ cup of the cooking water.

Meanwhile, heat oil in a medium non-stick skillet over medium heat. Add bell pepper and onion; cook, stirring occasionally, until softened, 3 to 5 minutes. Stir in tomatoes, tomato sauce and

salt. Cover, reduce heat to medium-low and cook for 5 minutes, stirring once or twice.

Stir in the linguine and the reserved cooking water. Increase heat to medium; cook, uncovered, until the pasta is tender and the sauce has thickened slightly, 2 to 3 minutes. Stir in basil, sprinkle with Parmesan and serve.

## HOW SAFE IS YOUR HOME? 10 SPOTS TO DOUBLECHECK THIS MONTH

garden tools presents a tripping hazard to visitors and family members alike. Keep walkways free of anything that might cause an unwary walker to stumble.

#### Medicine Chest

It might be convenient to keep your medications in the medicine cabinet,

but if you have children in the home, you're safer keeping drugs (both prescription and over-the-counter) in a locked cabinet or drawer.

#### Cleaning Supply Cabinet

Many cleaning supplies, such as bleach, drain openers, and oven cleaners, are potent chemicals capable of

delivering a contact burn to the skin or life-threatening injuries if swallowed. Keep cleaning supplies in a locked cabinet if you have kids in your home not merely stored underneath the sink or on the service porch.

## CHILDREN AND HOME FIRES

⚠ Keep matches, lighters and other ignitable substances in a secured location of the reach of children, and only use lighters with child-resistant features.

⚠ Practice your home fire escape plan with your children several times a year. Also practice stop, drop and roll and low crawling.

⚠ Familiarize children with the sound of your smoke alarm and what to do when they hear it.

⚠ Teach your children not to be scared of firefighters. Take them to your local fire department to meet

them and learn about fire safety.

⚠ Teach your children to tell you or a responsible adult when they find matches or lighters at home or school.

⚠ Smoke alarms save lives. Install a smoke alarm near your kitchen, on each level of your home, near sleeping areas, and inside and outside bedrooms if you sleep with doors closed. Use the test button to check it each month. Replace all batteries at least once a year. Having a working smoke alarm reduces the risk of dying in a home fire by nearly half.

## JOKE CORNER

(Q) What's the difference between in-laws and outlaws?

(A) Outlaws are wanted.

(Q) What do you call a bee that lives in America?

(A) USB

I bought some shoes from the drug dealer and I don't know what he laced them with. But I've been tripping all day.

And God said to John, come forth and you shall be granted eternal life. But John came fifth and won a toaster.

(Q) Why did the computer break up with the internet?

(A) There was no "Connection".