



## MAKE HEALTHY LIFESTYLE CHOICES

Many risk factors for heart disease and stroke are in your power to control. Explore heart-healthy tips on diet, exercise, stress.

### EAT WELL

Learn how heart-healthy choices can help lower your risk of heart disease and stroke, whether eating at home or dining out.

### GET MOVING

Learn the benefits of healthy activity, and get tips on adding more exercise into your daily routine.

### MAINTAIN A HEALTHY WEIGHT

Learn the basic principles of a healthy weight and waistline - and why it matters.

### STOP SMOKING

Smoking and exposure to second-hand smoke increase your risk of developing heart disease and stroke.

### MANAGE YOUR STRESS

Learn to identify the things that are causing you to stress so you can deal with them effectively.

## GREEN BIN YOUR GREASE

### DID YOU KNOW?

When liquids, fats, oils, and grease are washed down a sink or toilet, these materials solidify and stick to the inside of your plumbing or to city sewer pipes. This can result in a blockage and lead to sewer backups.

### HOW TO PREVENT BACKUPS

- ❏ NEVER pour fats, oils or grease down sink drains or toilets.
- ❏ DO NOT use hot water

or chemicals to flush grease down the drain.

❏ DO NOT install or use a food grinder/garburator in your kitchen sink.

❏ ALWAYS place strainers into sink drains to catch food scraps.

### HOW TO PROPERLY DISPOSE OF FATS, OILS AND GREASE

❏ Let grease cool and harden, then scrape it from trays, plates, pots and pans, and grills into your green bin.

❏ Pour liquid cooking oil or any liquid food waste into a biodegradable container (such as a milk carton) and place into your green bin.

❏ Absorb all liquids, fats, cooking oil or grease with paper towels and place the soiled paper towels into your green bin.

### Before washing pots, pans, and dishes:

- ❏ DO wipe off oil and grease with a dry paper towel.
- ❏ DO scrape leftover food into the trash.



### VOTE

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"Baking soda for brighter, cleaner laundry": Just pour a cup of baking soda in with the wash and your clothes will come out even brighter and cleaner.

## LANDLORDS AND TENANTS SHOULD WORK TOGETHER ON RECYCLING AND GARBAGE ISSUES

### QUESTION

I live in a six-unit apartment building. There is one blue box and one black box for the entire building. I made arrangements to bring in those boxes to implement recycling at the building. My landlord sometimes puts them out and sometimes does not. More often than not, she puts all the waste in green garbage bags and puts it at the curb, which I find frustrating. Does my landlord have the obligation to put out the recycling? Is there any way she can be forced to recycle? Is there a city bylaw governing this?

### ANSWER

Tenants are responsible to separate their recyclables from their residual garbage. Landlords are required to ensure that there is reasonable means for tenants to dispose of their residual garbage and recyclables. That doesn't mean that the landlord is necessarily responsible for taking your recyclables to the curb. It may well be your responsibility to put out the recyclables and other waste you generate, and the responsibility of your fellow tenants to put out theirs.

Landlords are supposed to act as a backstop so that if any tenants do not act as they are supposed to, the

landlord will try to fix the situation so that the property complies with the city's rules, and the other tenants are not affected by a tenant failing to live up to his or her responsibilities.

A small landlord will often ask a specific tenant to put out and bring in the recycling bins, and police the waste situation at the property. That could resolve the issue you raise.

Under its Solid Waste bylaw, the city has the power to levy fines on people who put residual waste into recycling, or vice-versa, or who leave garbage out on the wrong date. If the landlord is deliberately thwarting the recycling by putting it in garbage bags, then you can report that to the city at 311. But rather than imposing a fine, the city is much more likely to seek to educate tenants and landlords to promote recycling.

There are six types of garbage/recycling, collected as noted:

☞ Blue box recycling for many types of glass, plastic and some metals (including aluminum cans) – every second week;

☞ Black box recycling for newspapers, flyers, magazines and many other types of paper and boxes – the other week

☞ Green bin/organic recycling for food scraps, soiled paper, pizza boxes, yard waste and many other organic items – every week;

☞ Hazardous, electronic waste including batteries, aerosol containers, fluorescent bulbs, televisions, phones and many other items – by special arrangement, usually at a waste depot or electronic store;

☞ Regular garbage and residual wastes, which is almost anything else, including many types of food wraps and packaging – every second week with the blue bin; and

☞ Large or bulky items such as appliances or furniture – the same time as residual waste.

To find out their collection day, tenants, landlords or other residents can check at [www.Ottawa.ca](http://www.Ottawa.ca) Select "Residents," then "Garbage and Recycling" and then "Collection Calendar."

Proper use of the green bin and blue boxes is everyone's responsibility, and environmental and financial benefits and burdens are shared by all of Ottawa's residents.

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

## KEEP KIDS SAFE - PROTECT CHILDREN FROM WINDOW FALLS

### Tips to prevent falls from windows and balconies

☞ Don't underestimate a child's mobility; children begin climbing before they can walk.

☞ Move furniture and household

items away from windows to discourage children from climbing to peer out.

☞ Remember that window screens will not prevent children from falling through.

☞ install window guards on windows above the ground level. These act as a gate in front of the window.

☞ Alternatively, fasten your windows so that they cannot open more than

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## HERE'S WHY YOU SHOULDN'T KILL HOUSE CENTIPEDES

Warmer weather means more bugs. And while you might not like sharing a space with creepy crawlies, there are benefits to keeping some of them around.

Of all the bugs that invade Canadian homes, many find the house centipede -- also referred to as scutigera coleoptrata -- one of the scariest.

### EVERYDAY IS HALLOWEEN FOR THESE CREEPY INSECTS

This species is thought to have been introduced to the Americas via Mexico and now reaches as far as the great white north.

It's shorter than other centipedes,

with about 30 legs that can detach when trapped. To some, they look terrifying but they are considered harmless.

A bite from one, however, will sting, similar to that of a bee's.

House centipedes love damp, dark spaces like bathrooms and basements and when you see one, your first instinct might be to kill it. But before you do, keep this in mind:

Centipedes love to dine on ants, spiders, cockroaches and bedbugs -- so if you see a centipede in your home but no other bug species, there's a pretty good chance they've taken on the role of exterminator for you.

Centipedes can be easily scooped up and left outside to continue their work.

If you want to prevent them from getting in your home, consider:

- 🔗 Drying up damp areas of your home
- 🔗 Eliminating large indoor insect populations
- 🔗 Sealing cracks in your home

And just remember: They're more afraid of you than you are of them. If you decide to let them stay in your home, they'll try their best to keep out of sight

## KITCHEN FIRE PREVENTION

### A Hazard In The Home

Half of house fires and injuries in the kitchen, and kitchen fires are the leading cause of house-fire injuries and many deaths. Most kitchen fires are due to human error.

Preventing kitchen fires and injuries takes one part common sense and a few parts preparation.

Take stock of your:

- 🔗 Kitchen's layout, equipment, and cleanliness.
- 🔗 Cooling habits.
- 🔗 Ability to put out a small fire safely.

🔗 Knowledge of burn-injury prevention.

### Clean and Safe

A clean kitchen is a safer kitchen. Wipe up spills as they happen. Clean crumbs and grease buildup from cooking appliances regularly. Clean the exhaust hood and duct over the stove on a regular basis. Grease can catch fire easily, and grease fires can be difficult to put out. Keep messes under control to avoid these risks altogether.

### First Aid for Burns

Act fast to limit severity of burns. Run

cool water over a minor burn for 10 to 15 minutes to limit its seriousness.

Never use grease or butter on a burn. If burned skin is blistered, see a doctor. For blackened skin, shallow breathing, or unconsciousness, call the fire department or ambulance service.

### Recipe for Safety

Careless cooking starts more residential fires than any other cause. Cooking accidents also hurt people - more are injured in the kitchen than from any other fire-related cause. Brush up on kitchen safety and cook smart.

## EASILY CLEAN SHOWER SCUM

Cleaning the bathroom is not how most people want to spend their day, but it has to be done! The good news is there's an easy way to remove

soap scum and grime that's building up inside the shower.

Fill a dish wand with half vinegar and

half dish soap - then get to scrubbing! You can also use an old sponge or toothbrush and just dip into a cup of the same solution.

## RECIPE OF THE MONTH

### One Dish Sausage & Pepper Dinner

2 tbsp Olive oil, divided  
1 Maple Leaf Sausage Meat  
1 Large sweet onion, sliced  
4 Cloves garlic, minced  
1 Green Pepper, sliced  
2 Red Peppers, sliced  
Salt & Pepper

#### Directions

Heat 1 tbsp olive oil in a large skillet over medium heat. Add sausages and cook them, turning frequently until nicely browned, about 10-15 minutes. Remove from skillet and set aside.

Increase heat to medium-high and add remaining 1 tbsp oil. Add onion and garlic. Season with salt and pepper and cook until soft, about 4 minutes. Add peppers. Cook tossing frequently for 2-3 minutes. Return sausages to the pan. Reduce heat to low and cook until the internal temperature of the sausage reaches 165°F (74°C). -

Serve with pasta or serve sausage on a bun topped with peppers and onions.

## SAFETY CHECKLIST

### FIRE SAFETY

🔗 Test your smoke alarms monthly and make sure that your house is protected by an adequate number of working alarms.

🔗 Smoke alarms should be located inside each bedroom, outside each sleeping area, and on every level of your home.

🔗 Share your escape plan, including the location of your outside meeting place, with your overnight guests. Everyone should know at least two ways out of each room in your home.

🔗 Keep halls, stairs, and doorways properly illuminated and free of clutter and other objects that could hinder an escape during a fire emergency.

🔗 Consider having older guests or those with mobility issues sleep on the ground floor of the house.

### CHILD SAFETY

🔗 Put away small items that could pose a choking hazard, like buttons, coins, and jewelry, if you are hosting young children.

🔗 Use safety gates at the top and bot-

tom of stairways to keep babies and toddlers safe.

🔗 Move all cleaning products and other dangerous items out of reach of children and store them in a locked area.

🔗 Consider turning your water heater temperature down to 120 degrees Fahrenheit to reduce the risk of scalding.

🔗 In homes with young children, install tamper resistant receptacles to prevent electrical shocks and burns, or use safety covers on all unused that are accessible to children.

🔗 Never allow children to play with electrical cords.

### COOKING SAFETY

🔗 Stay in the kitchen when frying, grilling, or broiling.

🔗 Keep children at least 3 feet away from cooking appliances.

🔗 Keep towels, pot holders, and curtains away from hot surfaces.

🔗 Wear short or close-fitting sleeves. Loose clothing can catch fire.

## KEEP KIDS SAFE - PROTECT CHILDREN FROM WINDOW FALLS

10 centimeters. Children can fit through spaces as small as 12 centimeters wide.

🔗 Ensure there is a safe release option for your windows in case of a house fire.

🔗 Do not leave children unattended on balconies or decks. Move furniture or planters away from the edges to keep kids from climbing up and over.

🔗 Talk to your children about the dangers of opening and playing near windows, particularly on upper floors of the home or in a high-rise dwelling.

## JOKE CORNER

(Q) What do you call a fake noodle?  
(A) An Impasta

(Q) What happens if you eat yeast and shoe polish?  
(A) Every morning you'll rise and shine!

(Q) What do lawyers wear to court?  
(A) Lawsuits!

(Q) "How do you shoot a killer bee?"  
(A) "With a bee bee gun."