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MOTHER'S DAY DURING COVID-19

Finding ways how to celebrate while social distancing.

The COVID-19 pandemic means Mother's Day is going to be different for a lot of families this year.

Social distancing restrictions are preventing many moms and their family members from celebrating the occasion

face-to-face.

Mother's Day brunch at mom's favorite restaurant might not be an option this year due to COVID-19.

The best gift you can give your mom, a do it yourself (DIY) cards. Make a special DIY card for your mom.

There is nothing better

than the power of words and what they can do to make your mom feel special.

Hang a sweet note for her that best describe your feelings for her. A simple "I love you" and a little emotion from your heart on the paper will mean the world to her.

"Happy Mother's Day"



INSIDE THIS ISSUE

- Mother's Day During COVID-19
- How To Stop The Spread of COVID-19
- New Repair Do's And Don'ts For Residential Rentals
- How To Give Yourself A Haircut During The Coronavirus Shutdown
- Cooking Fire Safety
- Ottawa Fire Urges Fire Safety After Seven Fire Fatalities In Months
- Distancing and Isolating
- Recipe Of The Month
- Joke Corner

HOW TO STOP THE SPREAD OF COVID-19

You must self-isolate if you:

{} have returned from travel outside Canada

{} have been diagnosed with COVID-19, or are waiting for the results of a lab test for COVID-19

{} have symptoms of COVID-19, even if they are mild

{} have been in contact with a confirmed probable case of COVID-19

{} are immunocompromised or have an underlying condition OR are over the age of 70

For All Ottawa Residents Who Are Not Currently Self-Isolating:

{} Practice physical distancing

(a) Stay home as much as possible. Only leave your property for essential travel such as grocery shopping or visiting a pharmacy

(b) Stay at least 2 metres (6 feet) away from people outside of your household

{} Wash your hands with soap and water thoroughly and often

{} Do not touch your face with unwashed hands

{} Clean phones, other devices and frequently touched surfaces regularly

Last revised on May 8, 2020.

Sneeze or cough? Cover your nose and mouth with a tissue or use your elbow.

Wash your hands often with soap and water for at least 20 seconds.

Clean and disinfect surfaces around your home and work frequently.

NEW REPAIR DO'S AND DON'TS FOR RESIDENTIAL RENTALS

QUESTIONS

I operate a rental property. One set of tenants is vacating on April 30. They have been very hard on the unit and some of the common areas. Can I fix up the apartment as I usually would? What work can I do to the building while still obeying the provincial shutdown order?

ANSWER

On April 3, the government of Ontario ordered the shutdown of all non-essential workplaces. Because of that emergency order, the rules for property maintenance and repairs in Ontario are different than they were two weeks ago.

Construction or renovations begun before April 4 can be completed. However, other work can only be performed if it falls within this test:

“Maintenance, repair and property management services strictly necessary to...maintain the safety, security, sanitation and essential operation of...residential properties and buildings.”

That is essential work, Category 20, in the shutdown order. That test prevails over the property standards bylaw, and any other city requirements.

City of Ottawa By-law and Regulatory Services (BLRS) is responsible for enforcing the shutdown order. According to BLRS, most unit turnover work falls within Category 20 because it is done in order to provide a clean unit in a good state of repair

for a new tenant. Landlords must ensure that the unit is safe, secure and sanitary, and the electricity, plumbing and appliances work.

While doing that work, you should comply with the physical distancing rules, and the hand-washing guidance and building cleaning guidance from Public Health. To avoid people coming within two metres of one another, you should limit the number of people who are working in the unit at any given time.

Other work that you and all landlords should continue to do under the shutdown order includes the following:

- Building cleaning and disinfection as recommended by Public Health
- Treating pest infestations
- Preventive pest treatment in common areas
- Work that needs to be done immediately to protect or restore the physical integrity of the residential complex or part of it (e.g., a leak in the roof, loose bricks at risk of falling off the building, windows allowing water penetration)
- Work that needs to be done immediately to maintain a plumbing, heating, mechanical, electrical, ventilation or air conditioning system (e.g., fixing broken pipes, replacing a cracked boiler, electrical defects that could cause a fire, etc.)
- Work that is necessary to remove an imminent danger, such as a tripping hazard

- Repairing holes in walls
- Elevator maintenance and repairs
- Testing and maintenance of fire safety systems

However, landlords should not do work that is not strictly necessary, including:

- Performing cosmetic renovations in occupied suites or common areas
- Planting flowers
- Installing water-efficient fixtures or LED lighting for conservation purposes.

For the time being, BLRS also wants landlords to skip grass cutting and lawn maintenance, but that may be rethought as time goes by. In doing all the permitted (and required) work, the guidance from public health should be followed.

Landlords need to let tenants know how they can reach them while rental offices are closed during the pandemic. Tenants should cooperate with the necessary work. They need not report cosmetic or minor repairs, but they should report any significant repair needs such as any water leaks or penetration, and any safety or security hazards. Since rental offices have been closed, tenants should report such repair needs through the landlord's web portal, by email or by telephone.

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

HOW TO GIVE YOURSELF A HAIRCUT DURING THE COORONAVIRUS SHUTDOWN

COVID-19 might keep us in our homes for several more weeks. Here's how to maintain your mane while sheltering in place.

Many of us are weeks into mandatory shutdowns and orders to stay home, and there's a growing problem on the top of our heads.

On average, we've all added a half-inch of hair during the first month, and our next trip to the hairstylist or barber could be in weeks, if not months.

If you've refrained from cutting it way back or haven't decided to just let it go wild, here are some tips to get ready for your next Zoom meeting or maybe just boost your spirits.

Some basic tips for cutting straight or moderately curly hair for women and men:

How To Cut Women's Hair - Try The Twist

What you will need for the haircut sharp pair of scissors, comb, brush, big mirror, small mirror to see the back of your hair.

Preparing your hair for the cut

Wet hair is the easiest to cut. Be sure your hair is clean and free of

hair spray or gel. Brush or comb hair, so it's free of knots or tangles.

Brush and twist

Brush and gather your hair to the very top of your head, then give it a twist.

How to cut your hair

Depending on the amount you trim, larger cuts will create heavy layering and an angled haircut.

Pinching hair between the index and middle fingers, cut to length you like.

Release and brush out. Snip off any small hairs that may have been missed on the ends. Style as you like.

This same technique can be applied to just your bangs as well.

New hairstyle with a twist

How To Cut Men's Hair - Basic Cut

What you need to cut your own hair sharp pair of scissors, comb, hair trimmer, (optional), big mirror, small mirror to see the back of your hair.

Preparing your hair for a haircut

Wet your hair. Be sure it is clean and free of hair spray or gel. Comb your hair, so it is free of knots or tangles.

Find where you normally part your hair, and comb hair upward toward the top of your head. Do this on the opposite side as well. This is so you can trim the sides of your hair first.

Trimming The Sides of Your Hair

Using the hair clippers, pick which trimmer attachment length you prefer. Starting at the base of your hairline, run the clippers up the length of your head, but pull away just before your part line.

Trim from bottom to top, hold top hair out of the way.

Continue trimming around the bottom section of your hairline, holding the hair out of the way of the trimmer. Use the handheld mirror to view the back of your head for trimming.

Cutting the top

Making sure your hair is still damp, comb your hair upward in rows, from front to back, trimming with scissors to preferred length. Rows.

This step can be used for any hairstyle, men and women.

A fresh new haircut

Style as you like. And don't worry, if you make a mistake, it will always grow out. :)

COOKING FIRE SAFETY

⌋ Never leave your range or cooktop unattended **while cooking**. ...

⌋ Wear short, close-fitting or tightly rolled sleeves. ...

⌋ Keep your **cooking area** clean and free of combustible materials. ...

⌋ Be sure to clean up any spilled

or splattered grease. ...

⌋ Keep a **fire extinguisher** readily available.

RECIPE OF THE MONTH

Weekday Beef Stew

Ingredients

1 sheet frozen puff pastry, thawed
1 pkg (15oz.) refrigerated beef roast au jus
2 cans (14-1/2 oz.) diced tomatoes, undrained
1 pkg (16oz.) frozen vegetables for stew
3/4 tsp. pepper
2 tbsp. cornstarch
1 1/4 cups water

Directions

Preheat oven to 400°. Unfold puff pastry. Using a 4-in. round cookie cutter, cut out 4 circles. Place 2 in. apart on a greased baking sheet. Bake until golden brown, 14-16 minutes.

Meanwhile, shred beef with 2 forks; transfer to a large saucepan. Add tomatoes, vegetable and pepper; bring to a boil. In a small bowl, mix cornstarch and water until smooth; stir into beef mixture. Return to boil, stirring constantly; cook and stir until thickened, 1-2 minutes.

Ladle stew into 4 bowls; top each with a pastry round.

JOKE CORNER

(Q) How can you tell when a FAX had been sent from a blonde?

(A) There is a stamp on it.

(Q) Why couldn't the leopard play hide and seek?

(A) Because he was always spotted.

(Q) What do computers eat for a snack?

(A) Microchips!

OTTAWA FIRE URGES FIRE SAFETY AFTER SEVEN FIRE FATALITIES IN MONTHS

Ottawa's fire chief is urging Ottawa residents to keep "fire safety top of mind" during the COVID-19 pandemic.

In a statement, Fire Chief Kim Ayotte says "I urge you to be vigilante in preventing fires in your home, especially now with so many people at home practicing physical distancing because of COVID-19.

"It's just as important that you test your smoke alarms and practice your home fire escape plan."

Ottawa Fire offers tips to prevent a fire from happening in your home.

☞ Stay in the kitchen when you are cooking. Unattended cooking is a leading cause of fires in a home.

☞ Keep a close eye on anyone drinking alcohol and attempting to cook or smoke

☞ Encourage smokers to smoke outside the home and outside the garage.

☞ Always blow out the candles before leaving the room

☞ Ensure items that can burn are at least one metre away from space heaters.

☞ Do not attempt to sterilize or decontaminate face masks for re-use by heating them in a microwave oven.

Ottawa Fire also recommends testing your smoke alarm monthly.

DISTANCING AND ISOLATING

The coronavirus primarily spreads through droplets when an infected person coughs or sneezes, although people can be asymptomatic and still be contagious.

That means **physical distancing measures** remain in effect: people should avoid non-essential trips, work from home, cancel gatherings and stay at least two metres away from anyone they don't live with.

People 70 and older or with compromised immune systems or underlying health conditions should also self-isolate.

Anyone who has symptoms, travelled recently outside Canada or, specifically in Ottawa, is waiting for a COVID-19 test result must self-

isolate for at least 14 days.

The same goes for anyone in Ontario who's been in contact with someone who's tested positive or is presumed to have COVID-19.

What are the symptoms of COVID-19?

COVID-19 **can range from a cold-like illness** to a severe lung infection, with common symptoms including fever, a dry cough, vomiting and the loss of taste or smell.

Less common symptoms include chills, headaches and pink eye. On May 13, the Ontario government said in rare cases, **children can also develop a rash.**

If you have severe symptoms, call 911.