

Tel: (613) 232-0016
 (Fax) 613) 232-1977
 Email: e.louttit@bellnet.ca
 www.gignulhousing.org



Madawan Masenygun

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DON'T WAIT - CHECK THE DATE! REPLACE SMOKE ALARM EVERY 10 YEARS

Fire Prevention Week is from October 9 - 15, 2016. The theme for this year "Don't Wait - Check The Date! Replace Smoke Alarms Every 10 Years.

Fire Safety Tips

In a typical home fire, smoke, heat and toxic gases build up rapidly.

When a smoke alarm sounds, get out of the building immediately before your escape route is blocked.

To survive a fire: install and maintain smoke alarms and practice an escape plan.

Smoke Alarms

Install smoke alarms on every level and outside each sleeping area.

Test them monthly. Replace the battery twice a

year.

Never disable your alarms.

Consider installing alarms with sealed 10 year batteries.

Home Escape Plan

Practice your home escape plan with the whole family twice a year.

Plan 2 ways out of each room. The easy way out is probably the door and the second way out might be a window.

If you plan for a child or a senior to exit a window, make sure they can open it easily.

If you can't get out, close your door and go to the window and signal for help. Teach children never to hide under beds or in closets.

If you must go through smoke, crawl low. The coolest, cleanest air will be about 18 inches off the ground.

Have a meeting place outside for everyone. That way you can tell the fire department that everyone is out safely.

Stay out; don't go back into a burning building for anything.

Call the fire department from outside the house using a cellphone, a neighbor's phone or a fire alarm box.

Test & Replace Batteries

Check or replace carbon monoxide batteries twice a year when you change the time on your clocks each Spring and Fall.

(continued to page 3 for more Fire Safety Tips)

AUTUMN HEALTH AND SAFETY TIPS

Take Steps To Prepare The Flu

The best way to protect

against the flu is to get vaccinated each year in the fall. Cover your nose and

mouth with a tissue when you cough or sneeze.

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NO SPECIAL ARRANGEMENTS NEEDED FOR PICKUP OF LARGE GARBAGE ITEMS

QUESTION

I rent a house in South Keys with three other students. We are all moving out at the end of this month. We have begun to pack things up and have noticed we have a large amount of garbage. We also have some bigger items such as an old futon and a loveseat to throw away. Do we need to arrange for a special pickup of these items? What do we do if it is time to move out and we still have garbage left in the house?

ANSWER

Large items, such as your futon and loveseat, are picked up at the same as residual curbside garbage (i.e. every two weeks).

(For buildings with bin collection, tenants should arrange the disposal of oversized items with their landlord, and not put them in the building's garbage bin. Provided the landlord calls the city's Solid Waste Management Services, large items will be picked up when the curbside collection takes place in the neighbourhood, rather than on bin collection day).

In South Keys (and Old Ottawa South and Glebe), the next collection day for residual garbage (like move-out garbage) is Wednesday,

August 31. On Wednesday, August 24, the collection is only for the black box (for newspaper, fine paper and cardboard) and the green bin (for organics, like food waste).

The collection days for residual garbage, blue box, black box and green bin collection vary across Ottawa. A tenant or resident who lives anywhere in Ottawa can check for their garbage and recycling days by visiting www.ottawa.ca, and under "hot topics for residents" choose "Garbage and Recycling collection calendar". If a person enters their address, they can pull up their collection calendar. Anyone can sign up for email or instant message reminders.

People who are moving out at the end of the month need to put their move-out (or move-in) garbage out at the curb after 6 p.m. on the day before a collection day for residual garbage, or make arrangements with a neighbour or their landlord for them to do it. If you cannot be there on that date or make an arrangement with a neighbour or your landlord, then put the move-out garbage at the back of the property. Any garbage that will attract animals needs to be in a sealed plastic or metal container so that animals

do not get in it and spread it around.

Recycling or residual garbage is not to be left out at the curb until 6 p.m. on the day before garbage day, and should be set out by 7 a.m. on garbage day.

The city can fine a tenant who puts out garbage at the wrong time. The city can also charge back cleanup costs to the landlord or even fine the landlord. Between a fine and a cleanup charge, a tenant and landlord could be on the hook for \$500. In principle, a landlord can collect that from the tenant who put the garbage out, but recovering the money may be time consuming. It is much better to avoid the problem by addressing it before it happens.

For their own sake and for the good of the community, landlords should ensure their tenants know the garbage days, and when they are allowed to put garbage out to the curb. That is especially important for tenants who are moving out or new tenants who are moving in.

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

AUTUMN HEALTH AND SAFETY TIPS

Get Smart About Antibiotics

Antibiotics can cure bacterial infections, but not viral infections. The common cold and the flu are viral infections, so avoid using antibiot-

ics if you have one of these. Using antibiotics when they are not needed causes some bacteria to become resistant to the antibiotic, and therefore stronger and harder to kill.

See if your doctor or nurse to find out if your illness is bacterial or viral.

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FIRE SAFETY TIPS

Stand By Your Man - Cooking Safety

Put a lid on a grease fire to smother it then turn off the heat.

Wear short or tight fitting sleeves when cooking. Loose sleeves easily catch fire.

Never throw water on a grease fire. Water will spread the fire around.

Never move a burning pan. You can easily ignite your clothes or spill the fire onto someone or something else.

Stand by your pan! Never leave cooking unattended.

Match And Lighter Safety

Purchase child resistant lighters.

Keep all matches and lighters out

of reach and sight of children in a high, locked cabinet if possible.

Teach children that matches and lighters are not toys, they are tools for grown-ups.

Teach young children to tell a grown-up when they see matches or lighters lying around.

Never give a lighter to a child as a toy.

USE CAUTION WITH FIRE EXTINGUISHERS

Use a portable fire extinguisher ONLY if you have been trained by the fire department and in the following conditions.

- The fire is confined to a small area, and is not growing.
- The room is not filled with smoke.

- Everyone has exited the building.
- The fire department has been called.

Remember the word PASS when using a fire extinguisher:

P : Pull the pin and hold the extinguisher with the nozzle pointing

away from you.

A : Aim low. Point the extinguisher at the base of the fire.

S : Squeeze the lever slowly and evenly.

S : Sweep the nozzle from side to side.

AUTUMN HOME MAINTENANCE SAFETY TIPS

Fall is the time for yard clean-ups and readying your house for the cold winter ahead. Keep these safety tips in mind as you work.

Look Up Before Pruning Trees

If you have decided that your yard needs to be spruced up by trimming your trees, be sure to look up and survey that area carefully before you start. Make careful note of where power lines are located before you set up your ladder so that it is positioned away from them.

Use Caution On Ladders

Wearing appropriate footwear is important when using a ladder; shoes or boots may be wet, causing you to slip as you climb the ladder. The ladder should be positioned on a flat surface before use. Be sure that the tools you are using are specifically designed for this purpose and are in good condition before starting work.

Clean Up Fallen Leaves

Keep your driveway and walkway clear of falling leaves. Wet leaves can create a hazard for pedestrians in the fall by making side-

walks slippery. Later in the season, snow may mix with leaves to increase the risk of falling. Homeowners should mulch or rake up fallen leaves and dispose of them according to local bylaws.

Safely Enjoy The Beauty Of The Season

By keeping these important fall safety tips in mind, you can be sure you are doing everything you can to protect yourself and your family from seasonal dangers. This will leave your mind free to enjoy the beauty of this glorious season.

RECIPE OF THE MONTH

Strawberry Spinach Salad

1 (6 oz.) bag clean spinach leaves
1 pint strawberries, hulled & halved
1 orange, peeled
balsamic vinegar
1/3 cup extra virgin olive oil
1 tbsp. chopped fresh basil or 1
tsp. dried
salt & pepper
1/4 cup toasted pine nuts
(optional)

Place spinach in large bowl. Add berries. Holding orange over a

glass measuring cup to collect juices, cut between the membranes to remove segments. Add orange segments to salad, leaving the juice in the cup.

Add enough vinegar to the juice in the cup to measure 1/2 cup. Gradually whisk in olive oil. Stir in basil and season to taste with salt & pepper. Pour dressing over salad and toss thoroughly. Scatter pine nuts over top.

Serves 6

JOKE CORNER

(Q) What did the elder chimney say to the younger chimney?

(A) You're too young to smoke!

(Q) Did you hear about the Hyena who drank a pint of gravy?

(A) He was a laughing stock!

I've always thought my neighbours were quite nice people. But then they put a password on their Wi-Fi.

If you think I talk too much, just tell me and we'll talk about it.

FALL SEASON SAFETY TIPS

Fall is a time to admire the colourful leaves, enjoy the cool air and visit with family over big food spreads. However, fall also is the season to watch out for common dangers. Keeping in mind some frequent hazards will keep you safe during this time of year.

Fire Hazards

Fires can start in several places during the fall. Be careful while burning leaves outside and preparing meals around the holidays. Also, make sure your home's heat-

ing unit, fireplace or wood-burning stoves are working properly.

Walking Safety

Everyone, especially older individuals, should be careful while walking through leaves, especially when they are wet. When snow strikes in fall, residents should make sure they clear walkways and step carefully.

Safety Kits

In order to be most comfortable during an inconvenience such as a

power outage, homeowners should have an ample supply of candles and matches, flashlights, non-perishable food items. Drivers also should store a blanket, an extra set of warm clothes, and emergency kit in their cars.

Driving Tips

When daylight hours become shorter, drivers should pay attention to children playing outside when it's dark. Deer also might be a driving hazard in the colder months.

5 REASONS WHY YOU SHOULD STOOP AND SCOOP

- > Dog waste adds up.
- > It is a health hazard
- > It is an environmental hazard
- > Removing dog waste is responsible
- > Dog waste can cost you

Dog Waste - It's Your Business

Pick it up: Use a bag or a shovel to pick up the waste and take it home for disposal.

Disposal: The best method of disposal is to flush waste down the toilet. Toilets flow to the sewage

treatment plant or septic tanks. Both systems are equipped to handle this kind of waste. Flushing poop also helps us divert waste from the landfill site.

PET OWNERS

We need your help to clean up our

environment. Responsible pet ownership is part of the total solution.

STOOP AND SCOOP!!

As a dog owner, by complying with the City of Ottawa's [Animal Care and Control By-law](#) and removing waste left by your pet, you will help eliminate a source of pollution. You will be making a big difference!!