



GIGNUL MASENYGUN

ROSES ARE RED, VIOLETS ARE BLUE, MAKE SAFETY A PRIORITY TOO

Assessing your property and doing a thorough check to rule out any vulnerable areas should also be on the to-do list.

It's the month of love, and what better way to celebrate it than to prioritize your safety and of those loved ones around you.

A good place to start is to make sure everyone in your household knows exactly what to do in case of an emergency.

People understandably panic when there's an emergency making it difficult to think rationally and clearly.

Sit down with your loved ones today, and talk to them about who they should contact.

Make sure they have the correct contact numbers for the police, your neighborhood watch, your security company, or your closest hospital saved on your phone.

WASH YOUR HANDS OFTEN AND STAY HEALTHY!

INSIDE THIS ISSUE

- Roses Are Red, Violets Are Blue, Make Safety A Priority Too
- Keeping Safe At Home
- Daylight Saving Time 2020
- Spraying Bug Tenant, But Two Treatments Are Usually Necessary To Remove Bedbugs
- Limit The Spread of Germs
- Tax Scams
- How To Avoid Being Bitten While Waiting For Bedbug Treatments To Take Full Effect
- Door-To-Door Scams
- Fire Safety Tips
- The Coronavirus Outbreak
- Renters Should Know The Rules Before Leaping Into Year's Lease With Co-Tenants
- CoronaVirus
- Handwashing: Clean Hands Save Lives
- Alain Lalonde's Obituary
- Recipe of The Month

KEEPING SAFE AT HOME

Good To Know

Essential electrical items such as your fridge and freezer are designed to be left on 24/7 to store food at the right temperature.

Washing machines, tumble dryers and dishwashers are not designed to be left

on over night of whilst out of the house. Some may have a timer setting but having the appliance on whilst you're unable to monitor it creates a risk to your kitchen.

Work top appliances such as your toaster and kettle

should never be positioned near anything which could catch light e.g. curtain, kitchen roll or too close to an overhang cupboard.

Always use your appliances as directed by the manufacturer's instructions.

DAYLIGHT SAVING TIME 2020

Daylight Saving Time begins at 2 a.m. on Sunday, March 8, 2020.

That's when you'll move your clocks forward by one hour to 3 a.m.

Authorities say its also a good day to change the batteries in your smoke detectors.

SPRAYINGS BUG TENANT, BUT TWO TREATMENTS ARE USUALLY NECESSARY TO REMOVE BEDBUGS

QUESTION

I was annoyed with my landlord and his pest control company. Nine months ago, I found bedbugs in my apartment. The landlord had my apartment sprayed not once but twice, about 15 days apart. The problem seemed to be over, but three weeks ago I found more bedbugs! My landlord told me to prepare for the treatment again, by moving my furniture away from the walls, and washing and drying all my clothes, towels, sheets and blankets. It was a nuisance, but I did it. Now the landlord tells me the pest control operator needs to come in and spray my apartment a fourth time! Do I have to allow this? Why can't the pest control operator get the treatment right the first time?

ANSWER

It's certainly aggravating that treatment was needed nine months ago and again now. But you need to realize that the two incidents are almost certainly completely separate. If you didn't notice any bedbugs from eight months ago to last month, the first round of two treatments worked, but what you have found now is almost certainly a new infestation.

The need for two treatments for each occurrence is a result of the chemicals that are now available (and the resilience of the bedbugs, it would kill the adult bedbugs, the juveniles and the eggs. However, DDT has long been banned because of the damage it did to the environment, and potentially to people directly.

The pesticides that are currently approved for use kill the adult and juvenile bedbugs, but do not kill the bedbugs eggs. Therefore, two treatments are almost always required, two to three weeks apart. The first treatment kills the new juvenile bedbugs. Then, after the eggs turn into juveniles, the second treatment and produce more eggs.

As well as treating your apartment, your landlord should investigate the source of the infestation. If you or neighbour brought use upholstered furniture into your or their apartment, that might be the source. Other common sources are used books, new beds (since they are often delivered in the same truck that removes old beds) and items from garage sales antiques stores.

But bedbugs can be brought into a

building through no fault on the part of any tenant. Bedbugs can be picked up on a person's clothing in a movie theatre, a doctor's office, a gym, a library, an office, a hospital or almost anywhere.

Tenants and homeowners need to be vigilant and watch out for the signs of bedbugs. Some people itch from the bites, but others do not. Any red or brown spots on sheets should be checked. At its website on bedbugs, Health Canada has detailed instructions for checking furniture, bed linen, mattresses and box springs.

Those are the places to start since bedbugs like to live close to a human being or a pet. If nay signs are found there, then other places to check are baseboards, curtains, window and door frames and carpeting. Those are locations a pest control operator will treat.

Hopefully your problem will be over the second treatment for t his occurrence takes effect.

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

LIMIT THE SPREAD OF GERMS

🔗 Wash your hands often with soap and water or use hand sanitizer. Make sure to wash for at least 20 seconds with soap and water.

🔗 use alcohol-based hand sanitizer if

soap and water are not available.

🔗 Do not touch your eyes, nose, and mouth unless you have just washed your hands with soap.

🔗 Cover your cough and sneeze with a tissue or into your are, not your hand.

🔗 Stay home if you are sick.

(Continued to page 3)

TAX SCAMS

Got a call or email from the CRA? Make sure it's real!

You get a text message or an email from the Canada Revenue Agency (CRA) claiming **you're entitled to an extra refund** and all you need to do is provide your banking details. Watch out – this wonderful-if-true situation is exactly what a tax scam looks like.

Another variation is that they call you to say that **you owe the CRA money** and that you need to pay right away, or else they will report you to the police.

In any case, if you do receive a call,

letter, email or text saying you owe money to the CRA, you can double check online via "My Account" or call 1-800-959-8281.

Tips to protect yourself

The CRA will never:

- ☞ use aggressive or threatening language.
- ☞ threaten you with arrest or send police.
- ☞ ask for payments via prepaid credit cards, or gift cards, such as iTunes, Home Depot, etc.
- ☞ collect or distribute payments

through interac e-transfer.

☞ use test messages to communicate under any circumstances.

Emails from the CRA:

- ☞ never ask for financial information.
 - ☞ never provide financial information.
- The CRA's accepted payment methods are:
- ☞ online banking.
 - ☞ debit card.
 - ☞ pre-authorized debit.

If you suspect a scam, always report it.

LIMIT THE SPREAD OF GERMS

☞ Do not visit people in hospitals or long-term care centres if you are sick.

☞ It is still recommended to get your flu shot if you haven't already as the flu virus is still circulating in the community.

Follow health travel advice and advisories

☞ Follow all guidance for affected areas if you are returning from travel.

☞ Stay up to date on emerging travel notices from the Government of Canada.

☞ Learn more about how to prevent the spread of germs including how to clean your house to disinfect if you become ill.

Take care of yourself

☞ It's OK to NOT be Ok. Please

know that help is available and we encourage you to reach out to Distress Centre of Ottawa to connect with someone at (613) 238-3311.

☞ Stay healthy by eating well, drinking of lots of fluids, staying active (if well), and trying to get enough rest and sleep. A healthy immune system is better equipped to fight an infection.

COVID –19 assessment centre

The first COVID –19 Assessment Centre is now open. The COVID –19 Assessment Centre is a n out-of-hospital clinic where people will be assessed by a health-care provider and tested for COVID-19 if required. It is operated by The Ottawa Hospital (OTH) and CHEO, in partnership with Ottawa Public Health (OPH) and the City of Ottawa.

You should come to the Assessment Centre, not the Emergency Department, if:

☞ You have a new or worsening cough and/or fever, and

☞ In the past 14 days have either travelled outside of Canada or been in contact with someone who has been diagnosed with COVID-19.

Patients who meet the criteria above will be tested for COVID-19, which involves taking a sample from the throat or nose with a swab.

Location and Hours:

Brewer Park Arena
151 Brewer Way
Assessment from Bronson Avenue
opposite Carleton University
Open 8 a.m. to 8 p.m. daily

HOW TO AVOID BEING BITTEN WHILE WAITING FOR BEDBUG TREATMENTS TO TAKE FULL EFFECT

QUESTION

Last week you wrote about how tenants and homeowners should check furniture to avoid bringing bedbugs into their homes, and where else to look for bedbugs. That's all well and good, but the thought of lying in bed and being bitten upsets me. Is there anything a tenant or homeowner can do to avoid being bitten while waiting for the treatments to take full effect?

ANSWER

Yes. First, do not change where you sleep. While you may feel a strong urge to do that, the bedbugs could easily find you in the new location, which could cause the infestation to spread, thus prolonging the problem and increasing the expense and trouble in dealing with it.

Instead, completely enclose your mattress and box spring in zippered bed encasements available from allergy or pest control supply companies. Some social housing providers provide those encasements to their low-income tenants. Put duct tape over the zipper, because zippers have a space where bedbugs can enter or escape. Tape up the holes

you make for the legs of the box spring.

Alternately, a mattress can be wrapped and sealed in plastic film. As long as there are no rips or untaped holes in the film or the mattress encasement, bedbugs in the item will not be able to get through to bite you. They will die off after eight to ten months. It is a good practice to keep the item enclosed that way for a full year.

To avoid contact with bedbugs that are hiding outside your bed, turn your bed into an island. Move it away from walls and curtains. Coat bed legs with double-sided carpet tape, or place the legs of the bed in glass jars with a bit of baby powder, to trap the bedbugs on their way up the bed leg. Commercial bed leg interceptors are available. They are a great way to protect yourself and to trap and detect bedbugs.

However, to create an effective island, you also have to tuck in the bed clothes so that they do not drop down to the floor, or bedbugs will be able to climb up the bed clothes from the floor.

Some people do not react at all to

bedbugs bites, while others may have small skin reactions up to 14 days after the bite. Stay calm if a bite appears up to two weeks after a bedbug treatment has been performed, or after you have made your bed into an island. To avoid skin infections, avoid scratching the bites and keep the bite sites clean. Using antiseptic creams or lotions, or topical or oral antihistamines, may help.

Bedbugs are an unfortunate fact of life that people need to live with for the time it takes to exterminate them. In many cases, the mental reaction, the frustration and the stigma around bedbugs are worse physical reaction than they do to mosquitos. On top of that, mosquitos can transmit diseases (like West Nile disease), but bedbugs do not transmit diseases.

It is important for tenants to report bedbugs to their landlord, and to cooperate with treatments, so that the bedbugs do not get worse or spread to other units.

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

DOOR-TO-DOOR SCAMS

Knock, knock! Who's there? A scammer!

Tips To Protect Yourself:

Despite living in the digital age, there are still some old fashioned scams that come right to your door, posing a threat to you and to businesses.

With this trick, door-to-door salespeople use high-pressure tactics to convince you to buy a product or sign up for a service you don't want or need.

These aggressive pitches are often for charitable donations.

⚠ Don't feel pressured to make a quick decision - take time to do some research on the seller and the products first.

⚠ Ask for ID, get the name of the
(continued to page 6)

FIRE SAFETY TIPS

Learn all about fire safety and prevention for your home, including the importance of fire extinguishers, smoke detectors, and more. Find out the best places to store your safety products, as well as tips on a fire safety plan.

Be Prepared

Awareness, education, and preparation are the best ways to ensure the safety of your home and your loved ones.

From fire extinguishers to fire-resistant insulation, find everything you need to make sure your home is safe and secure in case of a fire.

Install Carbon Monoxide Detectors & Smoke Detectors

Install and regularly maintain carbon monoxide and smoke detectors to guard against deadly gas leaks and fire hazards. Make sure to replace batteries regularly and test them once a month.

Always Have A Fire Extinguisher Handy

Keep a fire extinguisher in the kitchen, garage, or near any other potentially hazardous areas, such as your furnace and fireplace. Make sure to follow the manufacturer's care, testing, and user guidelines included with your fire extinguisher.

Avoid Overloading Extension Cords

Extension cords are not designed for long-term use; replace them regularly. Keep extension cords out of high-traffic areas, and inspect them frequently for damage. Don't overload extension cords with plugs and ensure that you do not exceed the maximum wattage allowed.

Keep Fire Safety in Mind in The Kitchen

Never leave appliances unattended while cooking. In case of a grease fire, cover the flame with a lid. Turn all pot handles to the stove's centre. And always double check to make sure you've turned off your appliances after use.

Prevent Electrical Damage with Surge Protectors

If you have a lot of electrical equipment, surge protectors will help prevent damage in the event of power surges. This is different from power strips, which only provides more outlets for use. Never plug in one surge protector into another as a "daisy chain" - this can risk blown fuses or electrical fires.

Be Prepared with An Exit Plan

Have a back-up exit method prepared in case your primary method is blocked - purchase collapsible ladders to place near a window. Never open a warm door, if the doors' top, knob, and crack feel warm or hot, use your secondary escape route. If you must escape through a smoky area, cover your mouth and stay as low to the ground as possible. And teach kids not to hide (say, under a bed) from firefighters!

THE CORONAVIRUS OUTBREAK

Answers to your most common questions:

What is a coronavirus?

It is a novel virus named for the spikes that protrude from its surface. The coronavirus can infect both animals and people and can cause a range of respiratory illnesses from the common cold to lung lesions and pneumonia.

How contagious is the virus?

It seems to spread very easily from person to person, especially in homes, hospitals and other confined spaces. The pathogen can travel through the air, enveloped in tiny respiratory droplets that are produced when a sick person breathes, talks, coughs or sneezes.

Where has the virus spread?

The virus, which originated in Wuhan, China, has sickened more than 124,000 in at least 108 countries and more than 4,500 have died. The spread has slowed in China but is gaining speed in Europe and the United States. World Health Organization officials said the outbreak qualifies as a global pandemic.

(continued to page 8)

RENTERS SHOULD KNOW THE RULES BEFORE LEAPING INTO YEAR'S LEASE WITH CO-TENANTS

QUESTION

My granddaughter and her friends have begun the search for accommodation as they enter their second year of university this fall. They are committed to sharing a rental property and have two other students ready to join them. The rental contracts are for 12 months with most of them allowing for subletting May to August. Are all parties sharing in this arrangement equally responsible for their share of the rent? What happens if one of the tenants drops out of the arrangement with four months left to go on the lease? Are they still liable for their share? Do all parties sign the contract or does only one person assume the responsibility?

ANSWER

Typically, all tenants sign a lease for a shared unit. That way there is no ambiguity as to who is renting the unit and who is responsible for payments on it and possible damage to it. In addition, the Ontario standard Residential Tenancy Agreement, which is required for all new residential leases, calls for all tenants to sign.

The Ontario standard lease provides

that all tenants are responsible for all tenant obligations in the agreement. That means that if one tenant does not pay his or her share of the rent, or damages the rental unit, the landlord can make any of the tenants on the lease pay for all the arrears or damage.

Likewise, if one tenant leaves without making any arrangements with the landlord, and the remaining tenants damage the rental unit or accumulate rent arrears, the tenant who left the rental unit is still liable for those actions. The only way for one of the tenants to completely remove themselves from any potential liability for matters at their rental unit is for all the tenants to ask the landlord to assign the tenancy from the initial group of tenants to those who remain.

That means tenants who share should be careful who they rent with, and make sure all parties are paying the rent and not damaging the unit.

However, there is no requirement that the rent or utilities be divided evenly among the tenants. For example, if your granddaughter gets a bigger room in the unit than the others, she could agree to pay more rent than the

others to compensate. Other roommates make it first-come first-served as to the choice of room, while paying an equal amount of the rent.

Even if one roommate is not a tenant of the landlord, they may be responsible to the others to share the rent after they leave.

That depends on the agreement or impaled agreement among the tenants. If there was an explicit agreement, then that would apply to the situation. It would be best to confirm the agreement in writing, such as by sending an email to all the tenants.

Often, roommates do not discuss in advance what is to happen if and when they want to part ways. Then, if there is a dispute they cannot resolve, the Small Claims Court would apply reasonable terms. The court would take into account what was actually said between the people, and their circumstances, to decide what most people would have agreed if they had talked the issues through to an agreement.

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

DOOR-TO-DOOR SCAMS

person and of the company or charity they represent.

⌋ Ask for the charity's breakdown of where funds are allocated. Be sure to get this in writing.

⌋ Never share any personal informa-

tion or copies of any bills or financial statements.

⌋ Only allow access to your property to people you trust.

⌋ Research before you invest. Don't sign anything and always read the fine print.

⌋ Know your rights. Contact your local consumer affairs office - most provinces and territories have guidelines under their consumer protection act.

If you suspect a scam, always report it.

CORONAVIRUS

The most 7 germiest places in house and office you need to clean.

Coronavirus Safety Tips:
Read on to know which are the germiest places at home and office

{} **Door knobs:** Every one either at home or office uses the door knob and you can only imagine the number of germs the most used door knob must be having. Make sure you are always sanitizing the most used one often to stay clear from the germs and harmful bacteria and viruses.

{} **Elevator buttons:** Many people use the elevator in the office as well as our home building. Make sure you do not directly touch the buttons while pushing the same.

{} **Mobile and telephones:** Mobiles and telephones at home and offices are again one of the germiest places. Make sure you keep cleaning the same in some intervals. Did you know our cell phones have 10000 times more germs than a toilet seat?

Use hand sanitizers after using the same.

{} **Sink and other kitchen items such as fridge and microwave:** The kitchen or pantry sinks are one of the worst offenders. E. coli and salmonella among others can be easily found on the same. Make sure you keep the kitchen space with the use of soap and water mixture or disinfectant wipes.

{} **Restrooms:** Bacterias such as E. Coli and other viruses and germs are what your office restrooms can have. The faucets and flushings buttons are used by many. So, make sure to wash your hands for 20 seconds and more and use hand sanitizer on your hand after using bathrooms.

{} **Office equipments:** The fax machines, copiers and printers are one of the big hubs of germs as they are hardly cleaned but used by several employees

{} **Pet bowls, toothbrush holder and more**
Other germ-filled places at home are

pet bowl and toys, kitchen counter-top, toothbrush holder and dish sponges and among others.

How to stay healthy from Coronavirus?

{} Wash your hands properly for 20 seconds with soap and water.

{} Disinfect the above mentioned places and keyboards, desk and cell phone.

{} Avoid close contact with sick colleagues.

{} If you are sick, stay at home.

Coronavirus which is also known as COVID-19 has been declared as a pandemic with the spread of the virus in more than 100 nations. The symptoms of the same are fever, headache, sore throat, cough and respiratory illness among others.

Someone who is sick with COVID-19 can spread the illness to others that's why one should try and maintain hygiene at all levels.

HANDWASHING: CLEAN HANDS SAVE LIVES

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

{} **Before, during, and after** preparing food

{} **Before** eating food

{} **Before and after** caring for someone at home who is sick with vomiting or diarrhea

{} **Before and after** treating a cut or wound

{} **After** using the toilet

{} **After** changing diapers or cleaning up a child who has used the toilet

{} **After** blowing your nose, coughing, or sneezing

{} **After** touching an animal, animal feed, or animal waste

{} **After** handling pet food or pet treats

{} **After** touching garbage

CDC - Centers for Disease Control and Prevention.

CDC 24/7: Saving Lives, Protecting People™

RECIPE OF THE MONTH

Favorite Meat Loaf Cups

2 large eggs
1/4 cup milk
1/4 cup ketchup
1/2 cup crushed cornflakes
4 tbsp dried minced onion
1 tsp prepared mustard
1 tsp salt
1/4 tsp pepper

2 lbs lean ground beef
Additional ketchup, optional

Directions

In a large bowl, combine the first eight ingredients. Crumble beef over mixture and mix well.

Press into 12 foiled-lined or greased muffin cups. Bake at 350° for 25 minutes or until a thermometer reaches 160°. Drain before serving. Drizzle with ketchup if desired.

ALAIN LALONDE'S OBITUARY



Sept. 17, 1951 -
Jan. 16, 2020

Of Ottawa, formerly of Curran, Ontario, Alain Lalonde passed away peacefully and surrounded by his family, on Thursday, January 16, 2020, at the age of 68 years. Beloved husband of Lucie Léger. Dear son of the late Rhéal Lalonde and Antoinette Prévost. Loving father of Jasmin (Melany Mercier) and Eve (Christian Brunet). Cherished grandfather of Bastien, Fanny, Tessa and Jade. Also survived by his brothers and sisters: Rosaire (Francine Dupont), Luc (Lise Gagnon), Christiane (Jean Sauvette) and Guylaine (Jacques Bériault); many brothers-in-law, sisters-in-law, nieces and nephews.

Predeceased by two brothers: Bernard (Monique Chartrand) and Normand (Rollande Lalonde); one sister, Gertrude (Philippe Chartrand).

A Funeral Service will be held on Saturday, January 25, 2020 at 11 a.m. at St. Luc Church, Curran, Ontario. The family would like to extend an invitation to family and friends to meet them at the church before the funeral from 10 a.m.

For those who wish, donations to the Ottawa Regional Cancer Foundation, 1500 Alta Vista Drive, Ottawa, Ontario, K1G 3Y9, would be appreciated.

Alain Lalonde was the proprietor of the coin operated machines in our buildings. Please do not call for Alain when the machines are not working. The service of the machines will continue on and please call his son Jasmin at the same number (613) 769-7037. Thank you for your co-operation.

THE CORONAVIRUS OUTBREAK

What symptoms should I look out for?

Symptoms, which can take between two to 14 days to appear, include fever, a dry cough, fatigue and difficulty breathing or shortness of breath. Milder cases may resemble the flu or a bad cold, but people may be able to pass on the virus even before they develop symptoms.

How do I keep myself and others safe?

Washing your hands frequently is the most important thing you can do,

along with staying at home when you're sick and avoiding touching your face.

How can I prepare for a possible outbreak?

Keep a 30-day supply of essentials medicines. Get a flu shot. Have essential household items on hand. Have a support system in place for elderly family members.

What if I'm travelling?

The C.D.C. has advised against all non-essential travel to South Korea, China, Italy and Iran. And the agency

has warned older and at-risk travelers to avoid Japan. The State Department has advised Americans against travelling on cruise ships.

How long will it take to develop a treatment or vaccine?

Several drugs are being tested, and some initial findings are expected soon. A vaccine to stop the spread is still at least a year away.

**WASH YOUR HANDS OFTEN
AND STAY HEALTHY!**