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CARBON MONOXIDE SAFETY TIPS

Carbon monoxide, known as the "invisible killer" is an odorless, colorless, tasteless and poisonous gas produced when fuel – including gas, oil, kerosene, wood and charcoal – is burned. Other sources of carbon monoxide (CO) include furnaces and water heaters, chimneys, wood stoves, grills, camping stoves, gas ovens and gas snow removal or yard equipment machines. Exposure to carbon monoxide can produce flu-like symptoms such as headaches, nausea, dizziness, confusion, fainting and un-

consciousness. In serious cases, it can be fatal. If you suspect you have been exposed to carbon monoxide, get out of the house and call the local fire department from a cell phone or a neighbor's house. If you experience any symptoms associated with carbon monoxide poisoning, seek medical attention immediately. Safety tips for avoiding exposure to carbon monoxide include:

- ☞ Checking vent pipes, flues and chimneys for leaks and blockages
- ☞ Making sure furnace and

dryer vents are clear of snow.

- ☞ Making sure tail pipes and undercarriages of cars are free of snow before turning on a car engine.
- ☞ Not using charcoal grills or gas-powered engines indoors or near doors or windows.
- ☞ Not using a gas oven to heat a home.
- ☞ Installing carbon monoxide detectors in every level of a home. Detectors should be replaced every five to seven years, according to directions.

HOW TO PREVENT FROZEN PIPES

- ☞ Keep garage doors closed if there are water supply lines in the garage.
- ☞ Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children.

- ☞ When the weather is very cold outside, let the cold water drip from the faucet served by exposed pipes. Running water through the pipe - even at a trickle helps prevent pipes from freezing.
- ☞ Keep the thermostat set to the same temperature both during the day and at night. By temporarily sus-

pending the use of lower nighttime temperatures, you may incur a higher heating bill, but you can prevent a much more costly repair job if pipes freeze and burst.

- ☞ If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.

Tips for Avoiding Winter Illness



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INFORMATION ABOUT RENEWING A RESIDENTIAL TENANCY LEASE IN ONTARIO

QUESTION

In late December last year I moved to Ottawa and rented an apartment in a triplex. I signed a lease from December 20, 2016 to December 31, 2017. Now my landlord has given me a rent increase of 1.8 per cent effective at January 1, 2018. He very much wants me to sign a new lease to run until sometime in the spring of 2019. I don't want to sign a new lease because my job may be coming to an end, and I may need to move away, but my landlord is insisting that I sign. I want to keep the apartment for now. Do I have to sign a new lease?

ANSWER

No, you do not. In Ontario, a residential tenancy is automatically renewed unless the tenant or the landlord gives the other a notice of termination, or they agree to terminate the tenancy after signing it. The automatic renewal is on a month-to-month basis on the same terms as in the expired lease other than the rent, which the landlord can increase by giving an official notice of rent increase.

The policy behind Ontario's law is to give tenants the ability to stay in

rental units and establish permanent homes there, subject to being required to move only for specific reasons. Landlords can end tenancies during a lease if the tenant does not pay the rent, damages the rental units disturbs other tenants or commits an illegal act. (Examples of illegal acts include assaulting someone at the building, or breaking the city's noise bylaw by making excess noise). Landlords can end tenancies at the end of a lease to move into the rental unit themselves or to perform major repairs or renovations, or for various other reasons.

Tenants can end tenancies if they provide at least 60 days' written notice to the end of a rental period (i.e. to the last day of a lease, or the last day of any month-to-month tenancy).

The automatic renewal of a tenancy on a month-to-month basis can negatively affect a tenant. People who move to Ontario from other provinces, or from other parts of the world, sometimes think that if nothing is done a tenancy ends when it says it ends. However, in Ontario a tenant has to give a specific notice to end a tenancy at the end of a lease.

With signing a new lease (or a renewal) does is to bind both the tenant and the landlord to a new fixed term. The tenant need not be concerned that the landlord will want to terminate for renovations or for personal use. The tenant's right to stay until the end of the lease also means that if a landlord sells the building, the new owner cannot terminate the tenancy any more than the original landlord could.

Even without a new lease or a renewal, residential landlords in Ontario are limited in when they can take a rent increase and in the amount of the increase. The amount you are being charged is the guideline increase for 2018. That is the maximum percentage by which a landlord can raise the rent at a rent increase date that occurs in 2018. Your rent increase date is also correct since an increase can only take place at least 12 months after the date on which you began to pay the original rent, or paid the last increase.

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

QUICK FACTS ABOUT HOME FIRES

Keep kids away from stoves and make sure they know the danger of lighters, matches and candles.

More than half of all home fire deaths occur between 10 p.m. and 6 a.m.

More than a third of home fires

occur during the months of December, January and February.

Children are a major cause of fire, often because they are playing with lighters, matches or candles. Fires Caused by kids most often start in bedrooms.

The top three safety tips: Install smoke and carbon monoxide detectors; Have a home fire escape plan, and practice it; and practice it; Conduct a safety inspection of potential fire hazards in your home and eliminate them.

HOMES TODAY BURN FASTER, SAYS FIRE PROTECTION GROUP

(Average time to escape an inferno alive is three minutes, so get out quickly)

If your home is on fire, how many minutes do you think you have to get out alive? If you say 5 to 10 minutes, wrong.

According to underwriters Laboratories, which conducts state-of-the-art fire testing, you have three minutes or less. "Most people underestimate the speed and power of fire and smoke," so says the National Fire Protection Association.

(Your priority should be surviving the fire, not putting out the fire. Here are several steps you can take – before and during a fire – to increase your chances of getting out safely).

Before A Fire

🔗 Interconnected smoke detectors. You should have smoke alarms in every sleeping room, outside each sleeping area and on every level of your home. And those alarms should be wirelessly connected to one another, so that if there's a fire in your basement, for example, the alarm in your bedroom will go off.

🔗 Two exits per room. Map out two

ways to get out of every room in your house, even if one of them is a window, and keep those exits clear.

🔗 Family fire drills. Practice your evacuation plan so that everyone in the family not only knows how to get out, but also reverts to the plan instead of panicking during a fire.

🔗 Clear address numbers. Drive past your house at night and see if the address is clearly visible from the street for emergency crews to find you. If not, install better numbers or lighting.

🔗 Close doors while you are sleep. Fires that break out while you are sleeping can be particularly devastating. Closing your door keeps smoke out and temperatures down giving you precious extra minutes to evacuate.

🔗 Designate a meeting place. Everyone in the family should know of a spot nearby - but out of fire range – where you will meet if you evacuate separately in a fire.

During A Fire

🔗 Block smoke: If you are stuck in a

room, close the doors and windows, and put wet fabric over openings where smoke can get in.

🔗 Get low: Bend way down or crawl as you evacuate because smoke rises and kills more people than fire itself.

🔗 Check doors: Look for smoke and feel for heat at closed doors, a sign that there's fire on the other side. If so, exit through another door or window.

🔗 Close doors /windows behind you. Close doors and windows as you escape to minimize the amount of oxygen that can fuel the fire.

🔗 Exit windows wisely. Crawl out backward facing the house. Then lower yourself until you are hanging from the window sill. This puts your feet as close to the ground as possible before you drop.

🔗 Don't go back in. No matter what or who, don't go back in. Instead, alert firefighters so they can rescue people trapped inside.

HEATING YOUR HOME CAN BE DANGEROUS

Heating your home can be dangerous, so follow these tips.

With temperature this cold, people are cranking up the heat to stay warm. In some cases they are taking extreme measures to heat themselves which can be dangerous.

Space heater can be dangerous if they are outdated or not being used properly. If you are using one, here is something to keep in mind.

"Give it space, three feet in all directions even if it feels like it's putting all the heat in one direction".

And even if you are heating your home safely, you can never be too careful.

"Everything we use to heat our homes is mechanical and everything that's mechanical has that chance of breaking, so now we have to have a plan to escape that, that's where the smoke

detectors and having a plan of getting out comes into play".

If you have a space heater you also need to make sure it's UL approved and tested.

If you are using a fire place you also want to make sure it has been cleaned out and inspected, so that is safe to use.

RECIPE OF THE MONTH

TORNADO POTATOES

Ingredients

2 medium white potatoes
4 tbsp butter, melted
1 cup parmesan cheese, grated
1/2 tsp black pepper
1 tbsp garlic powder
1 tbsp paprika
1 tsp salt
Parsley, chopped (for garnish)

Preparation

Preheat oven to 325°F.
Insert a skewer into the potato and

gently push the skewer all the way through it.

Hold a sharp, thin knife at an angle and cut in the opposite direction you are turning the skewered potato.

Gently fan out the potato down the length of the skewer, until you have an even gap between the slices forming the spiral.

Melt the butter and brush it all over the potato.

In a medium bowl, combine parmesan cheese, black pepper, garlic powder, paprika, and salt.

Place the skewered potato over the bowl and shovel the mixture all over the potato until it is entirely coated.

Rest potatoes on a baking sheet so that it is hovering over the bottom of the sheet.

Bake for 25-30 minutes, or until nicely browned.

Garnish with additional parmesan and parsley.

Allow to cool for 5 minutes.

Serve warm and enjoy! Serves 2

HOW TO PREVENT KITCHEN FIRES IF YOU HAVE KIDS

🔒 Enforce a kid-free zone of three feet around your stove.

Kids love to reach, so use the back burners of your stove whenever possible.

🔒 Make sure hot food is kept away from the edges of your counters. Also keep the area around the stove clear of towels, papers or anything flammable.

🔒 Turn pot and pan handles toward the back of the stove so you don't knock them over by accident and so kids can't reach them.

🔒 Have a pot lid and container of baking soda handy to smother a pan

You shouldn't use water to put out a stove fire, because it can cause the flames to spread.

🔒 Never carry or hold a child while cooking on the stove.

🔒 One-third of kitchen fires result from unattended cooking. Don't become distracted by attending to children or answer phone calls or doorbells while cooking.

🔒 If young children are interested in what you're doing, move a high chair within reach so they can see what's going on without being in harm's way.

🔒 If children are helping in the kitchen,

make sure they're not wearing anything that's big or loose, because baggy sleeves and clothing can catch fire or get caught in equipment.

🔒 There are a wide variety of products to childproof your stove. Many of them cover or lock the burner knobs, keeping children from turning them. They run anywhere from \$5 to \$10 and are sold online. Search "childproof stove" or "stove knob covers" in Google. There are also "stove guards" and "stove screens," which are basically pens that go in front of the stove to keep children from accessing the burner or oven.

JOKE CORNER

(Q) What did the duck say when he bought lipstick?

(A) "Put it on my bill."

(Q) Why did the witches' team lose the baseball game?

(A) Their bats flew away.

Q: Why did Adele cross the road?

A: To sing, "Hello from the other side!"

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

A: Because he was always spotted.

(Q) What do you call a pig that does karate?

(A) A pork chop.

A man got hit in the head with a can of Coke, but he was alright because it was a soft drink.

Don't break anybody's heart; they only have 1. Break their bones; they have 206.