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COPING WITH EXTREME HEAT AT HOME DURING A POWER OUTAGE

Keep Your Home Cool

} Close all blinds and drapes on the sunny side of your home, but keep windows slightly open.

} Install temporary windows reflectors between windows and drapes, such as aluminum foil covered cardboard. This will help reflect heat back outside.

Keep Yourself Cool

} Stay out of the sun and spend more time on the lowest floor of your home where it is cooler. Spend at least two hours a day in a cool environment to cool your body during extreme heat.

} Drink plenty of fluids especially water. Avoid alcohol and caffeine. Eat small light meals.

} Take frequent cool showers or baths.

} If you cannot shower or bath easily, sponge often with cool wet towels. Focus on cooling the back of the neck, under the arms and groin area. Soak feet and hands in a basin of cool water.

} Dress in light and loose fitting clothing.

} Avoid unnecessary strenuous work or activity outside, especially between 10 and 4 pm. If work must be done, take frequent water breaks in the shade.

} Talk with your doctor, nurse or pharmacist if you are taking medications or if you are feeling unwell. Some medications make it harder for your body to control its temperature. Make sure to consult with your doctor if you are on a restricted fluid intake.

} Listen to the radio or call -1-1 for directives about cooling stations and emergency reception centres.

Stay Connected And Help Others

} Keep in contact with friends and family to let them know how you are feeling. Ask for help if the hot weather is making you feel uncomfortable.

} Check on family, friends and neighbours who may need help coping with the heat, especially those who live alone. People with physical and mental disabilities will need assistance keeping cool.

} Never leave people or pets in a parked car, even with the windows open. The temperature will rise dangerously in only a few minutes.

GENERAL HINTS & TIPS:

- } If you have weeds growing in the cracks of your patio, deck, or driveway. Kill them by spraying them with a solution of 1/4 cup of salt added to 1 gallon of water.
- } To keep weeds from returning to the cracks of your patio, deck, or driveway keep salt in the cracks.



LANDLORD AND MEDICAL MARIJUANA-USING TENANT SHOULD WORK TO MINIMIZE NEIGHBOUR'S DISCOMFORT

QUESTION

I read the March 4 Rental Guide regarding weed-smoking neighbours, and found it surprising. I also don't like the smell of marijuana smoke that comes into my apartment from the unit next door. I asked the landlord to make that tenant stop, and he tells me he cannot prevent that tenant from smoking marijuana because he has the right to use medical marijuana. Whatever he is smoking smells the same to me as any other marijuana I have ever smelled. Do I have any rights in this situation?

ANSWER

The Ontario Human Rights Code (the "Code") trumps almost all other legislation other than the Charter of Rights. (Since the Charter is mainly concerned with the actions of governments, it does not generally apply to the relationship between a landlord and a tenant). The Code trumps the Residential Tenancies Act, the trumps laws or rules banning smoking.

The Code applies to governments, businesses, landlords and the volunteer sector. The Code makes it unlawful to discriminate on the basis of disability. The case law re-

quires business people and landlords to accommodate people who are disabled.

Marijuana is used to treat Post Traumatic Stress Disorder (PTSD), some forms of epilepsy, nausea due chemotherapy and some other medical conditions. A medical condition that is treated with marijuana users is a disability, and so landlords have to accommodate medical marijuana users. That means they and other tenants have to put up with more interference from a medical marijuana user than they do from a recreational marijuana user.

That does not mean that the medical marijuana user has completely free rein and you have no rights. The landlord and medical marijuana user should be trying to achieve a situation where the medical user gets the marijuana they need with the least possible interference for you.

That may mean the medical user should take some or all of their marijuana through edibles or vaporizing it rather than smoking it. However, some people claim that smoking the marijuana provides the greatest degree of symptom relief.

Even if smoking is necessary, then like the recreational user, the medical user should smoke in a way that interferes the least with the other tenants. That may mean smoking outside or on a balcony or with the window open to draw out the smoke, or smoking only in one area of their apartment (away from the most sensitive tenants).

A more difficult problem arises if the neighbouring tenant has asthma or a medical condition that makes them sensitive to smoke or any kind. Then two tenants both have a disability, and the landlord needs to accommodate both. That may mean making it easy for one to move away from the other, for example by moving to another apartment in the same building, or by ending a lease early to move out of the building.

The people dealing with the situation have to do their best to work things out so that everyone with a disability gets what they need, with the least disturbance to other non-disabled people. Unfortunately that may result in disturbances to other non-disabled people.

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

HELPFUL HOUSEHOLD HINTS

ANT DETERRANT: If you have a problem with ants coming in your door take a piece of white chalk and draw a line. The ants will not cross the line!

BUG REPELLANTS: Flies hate the smell of basil. Grow this herb around doors or in pots around doors to repel them.

SOAP SCUM: Use your used dryer

sheets to wipe soap scum off your shower doors.

GLASS OR WINDOW CLEANER: Mix 2 parts white vinegar to 1 part water to clean windows.

HELP PREVENT FIRES AROUND THE HOME

Some safety tips when grilling outside to prevent a fire. Grill in an area where grass and vegetation is manicured and not "bushy."

} Be sure the grill is in a well-ventilated area and not indoors, under an awning or patio cover or inside a garage.

} If using lighter fluid, use it sparingly and never on a fire that has already started to burn, and never use gasoline. The use of a chimney starter is recommended for both safety and taste.

} Don't use ordinary kitchen utensils for the barbecue. The longer handles on outdoor equipment help keep hands safely away from the grill.

} If planning to burn outdoors, contact the local fire department for any regulations.

Grilling Safety

Every year people are injured while using charcoal or gas grills. To prevent a fire, grill in an area where grass and vegetation is manicured and not "bushy." Here are several steps to safely cook up treats for the backyard barbecue.

} Always supervise a barbecue grill when in use.

} Never grill indoors, not in a house, camper, tent, or any enclosed area.

} Make sure everyone, including pets, stays away from the grill.

} Keep the grill out in the open, away from the house, the deck, tree branches, or anything that could catch fire.

} Use the long-handled tools especially made for cooking on the grill

to keep the chef safe.

Fireworks Safety

The best way to enjoy fireworks is to attend a public fireworks show put on by professionals. Here are five safety steps for people setting fireworks off at home:

} Never give fireworks to small children, and always follow instructions on the packaging.

} Keep a supply of water close by as a precaution.

} Make sure the person lighting fireworks always wears eye protection.

} Light only one firework at a time and never attempt to relight "a dud".

} Never throw or point a firework toward people, animals, vehicles, structures or flammable materials.

AIR CONDITIONING

No-cost low-cost cooling tips

Before thinking about air conditioning, try these passive cooling approaches first. Even if you're using air conditioning, you'll use less and that lowers your electricity use.

Draw The Curtains On Heat: In the morning, open windows to let cool air in. Then close them, and draw your blinds or drapes during the day. Your home will retain much of the cool morning air.

Let Fans Move The Air: Ceiling fans help cool down your home. They don't use much electricity and can help reduce the need for air condi-

tioning. Make sure the fans blow air downwards in summer.

Cool Down Your Menus Too: In the summer, use the BBQ and include more cold foods and salads in your menu. Try not to use major heat-producing appliances in the middle of the day.

The Real Problem May Be Humidity: Humid homes feel hotter. Use exhaust fans in kitchens, bathrooms and laundry areas to expel the air directly outside (not into walls or attics). Avoid air-drying clothes in the home. Don't store firewood inside.

Not Using It? Turn It Off: Lights, appliances and home electronics use a lot of power and give off heat. During the summer, it's more important than ever to turn them off when you aren't using them. You'll save energy twice.

Dehumidifiers Help Cool: In addition to exhaust fans, think about adding a dehumidifier, especially in the basement to reduce humidity in your entire home.

Time-Of-Use Tips: When you cool off-peak, make sure you keep the cool air in during the rest of the day by closing windows, doors, drapes and blinds.

RECIPE OF THE MONTH

Summer Corn Salad

Ingredients

6 ears corn, husked and cleaned
3 large tomatoes, diced
1 large onion, diced
1¼ cup chopped fresh basil
1¼ cup olive oil
2 tbsp white vinegar
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Cook corn in boiling water for 7 to 10 minutes, or until desired tenderness. Drain, cool and cut kernels off the cob with a sharp knife.

In a large bowl, toss together the corn, tomatoes, onion, basil, oil, vinegar, salt and pepper. Chill until serving.

BEST METHODS FOR HOUSE CENTIPEDES CONTROL

} Kill centipedes or capture them on sight - if you can... But centipedes don't usually invade homes in enormous numbers, so if you don't see them often and you eliminate the one you're looking at, you may have just taken care of your centipede problem. Otherwise, spraying it with an aerosol insecticide that claims to kill centipedes—or simply squishing it—will do the trick.

} Get rid of other small household pests, and centipedes will move to someone else's house, where there's more to eat...

} Keep your house dry... centipedes dry out and die if they don't stay in a moist environment, so if you clean up damp closets and basements, and use dehumidifiers, centipedes

will find a more hospitable place to live.

} Close off entrance points... Keep centipedes from entering your house in the first place by sealing cracks in the foundation and concrete walls, eliminating spaces around doors and windows, and covering basement floor drains with window screen. This will help with other home invading bugs too.

} Use sticky traps... Put them in corners along the floorboards, where centipedes often hunt, and the traps will capture not only centipedes, but house insects as well. This will help you determine which other pests you need to eliminate, to deprive the centipedes of prey.

SIGNS OF AN ELECTRICAL PROBLEM

Flickering Lights: If the lights dim every time you turn on an appliance it means that the circuit is overloaded or has a loose connection.

Sparks: If sparks appear when you insert or remove a plug, it could be a sign of loose connections.

Warm Electrical Cord: If an electrical cord is warm to the touch, the cord is underrated or defective.

Frequent Blown Fuses or Broken Circuits: A fuse that continues to blow or circuit breaker that keeps tripping is an important warning sign of problems.

Frequent Bulb Burnout: A light bulb that burns out frequently is a sign that the bulb is too high in wattage for the fixture.

PAY & WIN

Pay & Win means Tenants has to have a zero balance on their rent for that month.

Then tenant will be eligible for a gift certificate of \$75.00.

That's why we recommend all tenants pay their rent first of each month to be eligible for a draw.

PAY & WIN



Congratulations to
**GINA LOUTTIT-
BELLEFEUILLE**
For July's
Pay & Win Winner!!

Tenants in the future,
please call the office
to see if your gift certificate is ready before coming to the office.

Thank you