

GIGNUL MASENYGUN

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MAKE HEALTHY LIFESTYLE CHOICES

Many risk factors for heart disease and stroke are in your power to control. Explore heart-healthy tips on diet, exercise, stress.

EAT WELL

Learn how heart-healthy choices can help lower your risk of heart disease and stroke, whether eating at home or dining out.

GET MOVING

Learn the benefits of healthy activity, and get tips on adding more exercise into your daily routine.

MAINTAIN A HEALTHY WEIGHT

Learn the basic principles of a healthy weight and waistline - and why it matters.

STOP SMOKING

Smoking and exposure to second-hand smoke increase your risk of developing heart disease and stroke.

MANAGE YOUR STRESS

Learn to identify the things that are causing you to stress so you can deal with them effectively.



VOTE

June 7 2018

AIR CONDITIONERS

Once again tenants are reminded that Gignul Housing must be informed in writing if a tenant wishes to install an air conditioner prior to installation.

All air conditioners must be properly installed and will be subject to a final inspection by Gignul Housing. It is the tenant's responsibility to ensure installation and inspections are confirmed with Gignul prior to the operation of air conditioner.

Due to the age of a majority of Gignul properties it is

unlikely that there are dedicated circuits for the operation of air conditioner.

Tenants are advised to ensure that air conditioners are plugged into electrical circuits that are not running other equipment, such as refrigerator, coffee makers, toasters and computers.

Service calls related to power outages caused by an air conditioner will subject to a \$50.00 service charge.

The monthly charge for

each air condition will be \$25.00. Gignul will issue an invoice at the start of the cooling season. This fee is intended to assist in covering the additional costs of electricity.

The cooling season is from **JUNE 15th to SEPTEMBER 15TH.**

Failure to pay the additional air conditioning fee may result in an action being registered with the Ontario Landlord and Tenant Board.

INSIDE THIS ISSUE:

- Make Healthy Lifestyle Choices
- Air Conditioners
- Landlords and Tenants Should Work Together On Recycling and Garbage Issues
- Keep Kids Safe - Protect Children From Window Falls
- Here's Why You Shouldn't Kill House Centipedes
- Green Bin Your Garbage
- Safety Checklist
- Pay & Win Winner
- Recipe of the Month
- Joke Corner

"Baking soda for brighter, cleaner laundry": Just pour a cup of baking soda in with the wash and your clothes will come out even brighter and cleaner.

LANDLORDS AND TENANTS SHOULD WORK TOGETHER ON RECYCLING AND GARBAGE ISSUES

QUESTION

I live in a six-unit apartment building. There is one blue box and one black box for the entire building. I made arrangements to bring in those boxes to implement recycling at the building. My landlord sometimes puts them out and sometimes does not. More often than not, she puts all the waste in green garbage bags and puts it at the curb, which I find frustrating. Does my landlord have the obligation to put out the recycling? Is there any way she can be forced to recycle? Is there a city bylaw governing this?

ANSWER

Tenants are responsible to separate their recyclables from their residual garbage. Landlords are required to ensure that there is reasonable means for tenants to dispose of their residual garbage and recyclables. That doesn't mean that the landlord is necessarily responsible for taking your recyclables to the curb. It may well be your responsibility to put out the recyclables and other waste you generate, and the responsibility of your fellow tenants to put out theirs.

Landlords are supposed to act as a backstop so that if any tenants do not act as they are supposed to, the landlord will try to fix the situation so that

the property complies with the city's rules, and the other tenants are not affected by a tenant failing to live up to his or her responsibilities.

A small landlord will often ask a specific tenant to put out and bring in the recycling bins, and police the waste situation at the property. That could resolve the issue you raise.

Under its Solid Waste bylaw, the city has the power to levy fines on people who put residual waste into recycling, or vice-versa, or who leave garbage out on the wrong date. If the landlord is deliberately thwarting the recycling by putting it in garbage bags, then you can report that to the city at 311. But rather than imposing a fine, the city is much more likely to seek to educate tenants and landlords to promote recycling.

There are six types of garbage/recycling, collected as noted:

⌘ Blue box recycling for many types of glass, plastic and some metals (including aluminum cans) – every second week;

⌘ Black box recycling for newspapers, flyers, magazines and many other types of paper and boxes – the other week

⌘ Green bin/organic recycling for food scraps, soiled paper, pizza boxes, yard waste and many other organic items – every week;

⌘ Hazardous, electronic waste including batteries, aerosol containers, fluorescent bulbs, televisions, phones and many other items – by special arrangement, usually at a waste depot or electronic store;

⌘ Regular garbage and residual wastes, which is almost anything else, including many types of food wraps and packaging – every second week with the blue bin; and

⌘ Large or bulky items such as appliances or furniture – the same time as residual waste.

To find out their collection day, tenants, landlords or other residents can check at www.Ottawa.ca Select "Residents," then "Garbage and Recycling" and then "Collection Calendar."

Proper use of the green bin and blue boxes is everyone's responsibility, and environmental and financial benefits and burdens are shared by all of Ottawa's residents.

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

KEEP KIDS SAFE - PROTECT CHILDREN FROM WINDOW FALLS

Tips to prevent falls from windows and balconies

⌘ Don't underestimate a child's mobility; children begin climbing before they can walk.

⌘ Move furniture and household

items away from windows to discourage children from climbing to peer out.

⌘ Remember that window screens will not prevent children from falling through.

⌘ Install window guards on windows above the ground level. These act as a gate in front of the window.

⌘ Alternatively, fasten your windows so that they cannot open more than

(continued to page 3)

HERE'S WHY YOU SHOULDN'T KILL HOUSE CENTIPEDES

Warmer weather means more bugs. And while you might not like sharing a space with creepy crawlies, there are benefits to keeping some of them around.

Of all the bugs that invade Canadian homes, many find the house centipede -- also referred to as scutigera coleoptrata -- one of the scariest.

EVERYDAY IS HALLOWEEN FOR THESE CREEPY INSECTS

This species is thought to have been introduced to the Americas via Mexico and now reaches as far as the great white north.

It's shorter than other centipedes,

with about 30 legs that can detach when trapped. To some, they look terrifying but they are considered harmless.

A bite from one, however, will sting, similar to that of a bee's.

House centipedes love damp, dark spaces like bathrooms and basements and when you see one, your first instinct might be to kill it. But before you do, keep this in mind:

Centipedes love to dine on ants, spiders, cockroaches and bedbugs -- so if you see a centipede in your home but no other bug species, there's a pretty good chance they've taken on the role of exterminator for you.

Centipedes can be easily scooped up and left outside to continue their work.

If you want to prevent them from getting in your home, consider:

- ☞ Drying up damp areas of your home
- ☞ Eliminating large indoor insect populations
- ☞ Sealing cracks in your home

And just remember: They're more afraid of you than you are of them. If you decide to let them stay in your home, they'll try their best to keep out of sight

GREEN BIN YOUR GREASE

DID YOU KNOW?

When liquids fats, oils, and grease are washed down a sink or toilet, these materials solidify and stick to the inside of your plumbing or to city sewer pipes. This can result in a blockage and lead to sewer backups.

HOW TO PREVENT BACKUPS

- ☞ **NEVER** pour fats, oils or grease down sink drains or toilets.
- ☞ **DO NOT** use hot water or chemicals to flush grease down the drain.

☞ **DO NOT** install or use a food grinder/garburator in your kitchen sink.

☞ **ALWAYS** place strainers into sink drains to catch food scraps.

HOW TO PROPERLY DISPOSE OF FATS, OILS AND GREASE

- ☞ Let grease cool and harden, then scrape it from trays, plates, pots and pans, and grills into your green bin.
- ☞ Pour liquid cooking oil or any liquid food waste into a biodegradable

container (such as a milk carton) and place into your green bin.

☞ Absorb all liquids fats, cooking oil or grease with paper towels and place the soiled paper towels into your green bin.

Before washing pots, pans, and dishes:

- ☞ **DO** wipe off oil and grease with a dry paper towel.
- ☞ **DO** scrape leftover food into the trash.

KEEP KIDS SAFE - PROTECT CHILDREN FROM WINDOW FALLS

10 centimeters. Children can fit through spaces as small as 12 centimeters wide.

☞ Ensure there is a safe release option for your windows in case of a

house fire.

☞ Do not leave children unattended on balconies or decks. Move furniture or planters away from the edges to keep kids from climbing up

and over.

☞ Talk to your children about the dangers of opening and playing near windows, particularly on upper floors of the home or in a high-rise dwelling.

RECIPE OF THE MONTH

One Dish Sausage & Pepper Dinner

2 tbsp Olive oil, divided
1 Maple Leaf Sausage Meat
1 Large sweet onion, sliced
4 Cloves garlic, minced
1 Green Pepper, sliced
2 Red Peppers, sliced
Salt & Pepper

Directions

Heat 1 tbsp olive oil in a large skillet over medium heat. Add sausages and cook them, turning frequently until nicely browned, about 10-15 minutes. Remove from skillet and set aside.

Increase heat to medium-high and add remaining 1 tbsp oil. Add onion and garlic. Season with salt and pepper and cook until soft, about 4 minutes. Add peppers. Cook tossing frequently for 2-3 minutes. Return sausages to the pan. Reduce heat to low and cook until the internal temperature of the sausage reaches 165°F (74°C). -

Serve with pasta or serve sausage on a bun topped with peppers and onions.

SAFETY CHECKLIST

FIRE SAFETY

☞ Test your smoke alarms monthly and make sure that your house is protected by an adequate number of working alarms.

☞ Smoke alarms should be located inside each bedroom, outside each sleeping area, and on every level of your home.

☞ Share your escape plan, including the location of your outside meeting place, with your overnight guests. Everyone should know at least two ways out of each room in your home.

☞ Keep halls, stairs, and doorways properly illuminated and free of clutter and other objects that could hinder an escape during a fire emergency.

☞ Consider having older guests or those with mobility issues sleep on the ground floor of the house.

CHILD SAFETY

☞ Put away small items that could pose a choking hazard, like buttons, coins, and jewelry, if you are hosting young children.

☞ Use safety gates at the top and

bottom of stairways to keep babies and toddlers safe.

☞ Move all cleaning products and other dangerous items out of reach of children and store them in a locked area.

☞ Consider turning your water heater temperature down to 120 degrees Fahrenheit to reduce the risk of scalding.

☞ In homes with young children, install tamper resistant receptacles to prevent electrical shocks and burns, or use safety covers on all unused that are accessible to children.

☞ Never allow children to play with electrical cords.

COOKING SAFETY

☞ Stay in the kitchen when frying, grilling, or broiling.

☞ Keep children at least 3 feet away from cooking appliances.

☞ Keep towels, pot holders, and curtains away from hot surfaces.

☞ Wear short or close-fitting sleeves. Loose clothing can catch fire.

Pay & Win



Congratulations to

LYLE PEDONQUOTT
for April'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

Pay & Win

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

Then Tenants 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.

JOKE CORNER

(Q) What do you call a fake noodle?

(A) An Impasta

(Q) What happens if you eat yeast and shoe polish?

(A) Every morning you'll rise and shine!

(Q) What do lawyers wear to court?

(A) Lawsuits!

(Q) "How do you shoot a killer bee?"

(A) "With a bee bee gun."

(Q) What stays in the corner and travels all over the world?

(A) A stamp.