



Tel: (613) 232-0016 Fax: (613) 232-1977

Email: e.louttit@bellnet.ca  
www.gignulhousing.org



VOLUME 20, ISSUE 11

NOVEMBER 2017

# GIGNUL MASENYGUN

## CHANGE YOUR CLOCKS/CHANGE YOUR BATTERIES

Remember To Turn Your Clocks Back One Hour at 2 a.m. on Sunday, November 5th. Don't forget to change your batteries in your smoke/carbon monoxide detectors as well.

### Safety tips

Test smoke alarms at least once a month using the test

button and make sure everyone in your home knows their sound.

☞ Install smoke alarms in every bedroom, outside each sleeping area, and on every level of the home.

☞ If an alarm "chirps," warning the battery is low, replace the battery right

away.

☞ Smoke Alarm manufacturers recommend that smoke detectors and carbon monoxide alarms be replaced every 10 years.

☞ Reminder: Electric wired smoke detectors in residences have battery back-ups.



## INSIDE THIS ISSUE

Change Your Clocks & Change Your Batteries

Fall Season Safety Tips

Tenant Shaken All Night Long By Noise From Air Conditioning Unit

Holiday Safety

Fire Safety Tips

The Twelve Days Of Safety

Recipe Of The Month

Pay & Win

Joke Corner

## FALL SEASON SAFETY TIPS

As the air turns cooler and leaves drop from the trees, it's important to keep a few important fall safety tips in mind. With proper precautions and safety awareness, your family can enjoy that crisp autumn weather while avoiding some of the dangers that come with the season. Keep these tips in mind.

### Fire Safety Tips for Fall

When the weather turns cold most people spend more time inside their homes using fireplaces, furnaces, and heaters to keep warm. There's nothing quite as cozy as a fire, but it presents some safety hazards.

### Service Your Furnace

Before the cold autumn and winter weather sets in, be sure to call your heating and cooling company to service your furnace. A specialist should inspect the furnace to make sure everything is in working order and that there are no leaks.

### Use Caution With Space Heaters

A space heater can be an effective way to warm up a chilly room, but it's essential that you read the instructions on the unit before you use it. If your space heater requires venting, make sure you have vented it to the outdoors. Never use your

stove or oven to heat your home; only use space heaters that are approved for this purpose. Always allow at least three feet of empty area around space heaters.

### Exercise Candle Caution

Candles are a great way to give a room that warm glow, but they can also cause fires. According to the National Candle Association, almost 10,000 home fires start with improper candle use. Never leave candles burning if you go out or go to sleep, and keep your candles away from pets and kids.

(continue to page3)





## TENANT SHAKEN ALL NIGHT LONG BY NOISE FROM AIR CONDITIONING UNIT

### QUESTION

I live in a highrise apartment building in Ottawa. My apartment is directly below the mechanical room, which contains the air conditioning compressors. Each summer that I've lived here I have had a problem with vibration and noise in my apartment during the summer. This summer, there has been a constant vibration and humming. I use earplugs to sleep but wake up exhausted and sick as if I haven't slept at all. I use headphones to listen to my TV and to drown out the noise and vibration. The building superintendent says the landlord has investigated and claims nothing is wrong. The owner offered to let me move to another unit, and said he would charge me the same rent for the more expensive unit, but there's nothing on my side of the building with a good view. I feel this vibration and constant hum is his problem and he should fix it. Can he be compelled to fix this, or should I just accept this every night and day?

### ANSWER

The landlord's obligation is to maintain the building and its equipment in good working order. Therefore, if there is a defect with the air conditioning equipment, the landlord needs to

get the defect fixed.

However, if the equipment is in good working order and inevitably produces the noise and vibration you experience, then there is nothing for the landlord to have fixed.

By calling 311 you could ask Ottawa's Bylaw and Regulatory Services to visit the unit when the vibration and noise is taking place. They should be able to determine if there is a defect with the equipment or not. If there is a defect, they would order the landlord to repair the equipment.

However, there is inevitably some noise and vibration from air conditioning equipment. Assuming the noise and vibration is normal for the equipment in your building, there is nothing for your landlord to fix. You report having tried various means to mask the noise. Apart from those techniques, your options would be to continue to live with the avoidable noise from the mechanical room, to move out of the building, or to take up the landlord's offer to move to another unit in the building.

The offer you have described seems very generous. Some landlords would offer to move you to another apartment of the same type as you occupy when one becomes available, but

hardly anyone would offer to give you a reduced rent in a new apartment.

In the long term, the solution seems to be for you to move to a different apartment, and for the landlord to rent the apartment you occupy to someone who is less sensitive to noise and vibration. Since the source of the noise and vibration is apparently the air conditioning equipment, the unit may be ideal for a tenant who spends most of the air conditioning season at a cottage or otherwise away from their apartment.

### RENT INCREASE GUIDELINES

For rent increases that take effect Jan 1 – Dec 31, 2018, the rent control guideline that applies throughout Ontario has been set at 1.8 per cent. To charge a rent increase, residential landlords need to give written notice at least 90 days before the effective date of the rent increase.

For a rent increase to take place in October, November or December 2017, the guideline increase is still 1.5 per cent.

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

## HOLIDAY SAFETY

Holidays can be one of the most dangerous times of year for home fires. All too often, these fires are started by careless cooking or smoking. In many cases alcohol is involved.

Here are a few things you need to do to keep your family safe:

1. Stay in the kitchen when cooking.
2. Drink responsibly.
3. If you smoke, smoke outside.

Install and test smoke and carbon monoxide alarms and practice your home fire escape plan with all guests and family members.

**Cooking, smoking and alcohol...  
a dangerous mix.**



## FALL SEASON SAFETY TIPS

### Change Smoke Alarms Batteries

Change the batteries in your smoke alarms and carbon monoxide detectors when you turn back your clocks for Daylight Saving Time. Make sure to check the alarms with the new batteries installed. Check and replace any home fire extinguishers that have expired.

### 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.

### 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 sidewalks 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.

## FIRE SAFETY TIPS

### Bedroom Fire Safety

Bedrooms are a common area of fire origin. Nearly 600 lives are lost to fires that start in bedrooms each year. Many of these fires are caused by misuse or poor maintenance of electrical devices, such as overloading cords or using portable space heaters too close to combustibles. Many other bedroom fires are caused by children who play matches and lighters, careless smoking among adults, and arson.

### Kids and Fire: A Bad Match

Children are one of the highest risk groups for deaths in residential fires. At home, children usually play with fire - lighters, matches and other ignitables - in bedrooms, closets, and under beds. These are "secret" places where there are a lot of things that catch fire easily.

☞ Children of all ages set over 35,000 fires annually.

☞ Every year over 400 children nine years and younger die in home fires.

☞ Keep matches and lighters locked up and away from children. Check under beds and in closets for burnt matches, evidence your child may be playing with matches.

☞ Teach your child that fire is a tool, not a toy.

### Appliances Need Special Attention

Bedrooms are the most common room in the home where electrical fires start. Electrical fires are a special concern during winter months which call for more indoor activities and increases in lighting, heating, and appliance use.

☞ Do not trap electric cords against

walls where heat can build up.

☞ Take extra care when using portable heaters. Keep bedding, clothes, curtains and other combustible items at least three feet away from space heaters.

☞ Only use lab-approved electric blankets and warmers. Check to make sure the cords are not frayed.

### Tuck Yourself In For A Safe Sleep

☞ Never smoke in bed.

☞ Replace mattresses made before the 2007 Federal Mattress Flammability Standard. Mattresses made since then are required by law to be safer.

Finally, having working smoke alarm on each level of your home and in halls outside bedrooms. And remember to practice a home escape plan frequently with your family.

To remove the smell of smoke place bowls of white vinegar around the house to absorb the odor.

Salt & lemon juice mixed together remove mildew stains.

Before storing clothes that have been dry cleaned, remove them from the plastic bag, as the bag may cause clothes to yellow.

A little olive oil and enough sugar to make paste make a nice facial scrub. Gently massage onto face avoiding eye area then rinse with warm water. This can be used on hands.



## RECIPE OF THE MONTH

### Turkey and Potato Pot Pie

#### Ingredients:

- 4 tbsp butter
- ½ cup onion, diced
- 1 clove garlic, minced
- 4 tbsp flour
- 1 ½ cups milk
- ¼ tsp black pepper
- 2 cups frozen mixed vegetables
- 2 cups leftover turkey, shredded or torn into bite-size pieces
- 1 cup parmesan cheese, shredded
- 2 cups leftover mashed potatoes
- 1 sheet puff pastry, thawed
- 1 egg beaten

#### Directions:

Preheat oven to 400°.

In a large skillet over medium heat, melt butter. Add onion, garlic and sauté until onions are translucent, about 5 minutes.

Add flour and stir for about 1 minute. Gradually whisk in the milk until sauce is thick and smooth.

Stir in black pepper, frozen mixed vegetables, turkey and Parmesan cheese. Mixture will be thick. Pour into 9x13 baking dish. Smooth mixture into baking dish. Carefully spread mashed potatoes on top of the sauce mixture.

Unfold thawed pastry onto a clean, lightly floured surface. Roll out puff pastry slightly and place over the filling. Press the pastry to the rim to seal. Brush the pastry with the beaten egg and cut slits into pastry.

Bake for 40 to 50 minutes or until puff pastry is golden brown and the filling is hot and bubbling. Let cool to 10 minutes before serving.

## PAY AND 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

**MARGARET NICHOLSON**

For November's  
Pay & Win Winner!!

### Notice To Tenants

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

Thank you

## THE TWELVE DAYS OF SAFETY

1. Never use lighted candles near trees or boughs.
2. Keep poisonous plants out of reach of children and pets.
3. Keep trees away from fireplaces, radiators and other heat sources.
4. Make sure your tree has a stable platform.
5. Choose an artificial tree that is labeled fire resistant.
6. If using a natural tree, make sure it is well watered.
7. Check holiday lights for fraying, bare spots, gaps in the insulation or excessive kinking in the wire.
8. Turn off all tree lights and decorations when not in use.
9. When putting up decorations, use a step stool or ladder to reach high places.
10. Designate a sober driver.
11. When preparing a meal, wash hands, utensils, sink and anything else that touches raw meat.
12. Reheat leftovers to at least 165°F.

**HAPPY HOLIDAYS**

## JOKE CORNER

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we have no idea where the hell he is.

### Dictionary Enhancements

**Beauty Parlor:** A place where women curl and dye.

**Cannibal:** Someone who is fed up with people.

**(Q)** How do you get a sweet 80-year-old lady to say the F word?

**(A)** Get another sweet little 80-year-old lady to yell "BINGO"!