

GIGNUL MASENYGUN

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New Stay at Home Order in Effect

New measures include:

- Stay-at-home order as of **Thursday, January 14 at 12:01am** (aside from essential purposes e.g., groceries, medical appointments)
- **Extended school closures in hotspots until February 10, with emergency childcare available for eligible families**
- Outdoor gatherings limited to five people, with limited exceptions
- Mandatory masks in all indoor spaces and strongly recommended outdoors
- **Non-essential stores limited to operation between 7 am and 8 pm**
- Non-essential construction further restricted
- Increased inspection and enforcement measures, including in work-places

Key takeaways for the sector:

- Construction on affordable housing projects is permitted to continue
- All non-essential workers must work remotely where possible
- A temporary residential eviction moratorium is being explored, with details in the coming days

LIMIT THE SPREAD OF GERMS

- Wash your hands often, for at least 30 seconds, with soap and water or use an alcohol based hand sanitizer.
- Do not touch your eyes, face, nose or mouth.
- Cover your cough or sneeze and wash your hands immediately after.
- Stay home if you are sick.



Family Day

Monday, February 15th, 2021

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How to Connect this Winter

- Bundle up and go on a walk outside (Tip: Bring hot coco!)
 - Look out a window facing the sun
 - Listen to the birds singing
- Watch the squirrels chase each other up and down the trees
 - Take advantage of technology

Hello Gignul, Carmen and Madawan Tenants,

When calling the office, please be sure to listen to all of the phone prompts before dialling the proper extensions.

All Maintenance Requests can be taken by Shawnee, the Administrative Assistant at ext 221.

Email: s.wannamaker@bellnet.ca

Stay Safe!

-- Shawnee Wannamaker



Safe Home Heating

Heating is the second leading cause of home fires. You can prevent a heating fire with these simple tips.

- Keep anything that can burn at least three feet away from fireplaces, wood stoves, portable heaters and radiators.
- When you leave a room or go to bed, turn off or unplug heaters.
- Have your furnace, chimney and chimney connector inspected by a professional each winter. Make repairs before cool weather sets in.

***Plug portable heaters directly into the outlet.**

Don't use extension cords. Make sure your heater has an automatic shut-off switch in case it tips over.

WINTER DRIVING TIPS

Check up
Check coolant, antifreeze, top off the windshield wiper fluid, oil, steering fluid and check that the tire treads are appropriate.

Plan Your Route
Allow for extra time & unanticipated traffic delays. It's better to plan on your trip taking longer and arrive safely.

Double Distance
Unsafe driving conditions warrant more stopping distance between vehicles.

No Cruise Control
If roads are not dry, cruise control is not recommended. Wet, icy, snowy roads may cause loss of control.

Drive Slowly
Remember speed limits are for optimal driving conditions & should be reduced for adverse weather.

Turn on Headlight
Headlights, no matter what time of day, are crucial for driving safety. Remember to inspect them regularly.

For more safety tips, visit www.BruenRescue.org



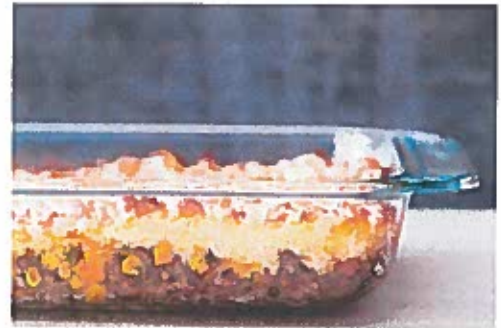
Wear appropriate outdoor clothing: layers of light, warm clothing; windproof coat, mittens; hats; scarves; and waterproof boots.



Recipe of the Month: Sheppard's Pie

Ingredients:

- 1 1/2 to 2 pounds potatoes (about 3 large potatoes), peeled and quartered
- 8 Tablespoons (1 stick) butter
- 1 medium onion, chopped (about 1 1/2 cups)
- 1-2 cups vegetables—diced carrots, corn, peas
- 1 1/2 lbs ground round beef
- 1/2 cup beef broth
- 1 teaspoon Worcestershire sauce



Directions:

1. Boil the potatoes: Place the peeled and quartered potatoes in medium sized pot. Cover with at least an inch of cold water. Add a teaspoon of salt. Bring to a boil, reduce to a simmer, and cook until tender (about 20 minutes).

2. Sauté vegetables: While the potatoes are cooking, melt 4 tablespoons of the butter in a large sauté pan on medium heat. Add the chopped onions and cook until tender, about 6 to 10 minutes.

If you are including vegetables, add them according to their cooking time. Carrots should be cooked with the onions, because they take as long to cook as the onions do.

If you are including peas or corn, add them toward the end of the cooking of the onions, or after the meat starts to cook, as they take very little cooking time.

3. Add the ground beef, then Worcestershire sauce and broth: Add ground beef to the pan with the onions and vegetables. Cook until no longer pink. Season with salt and pepper.

Add the Worcestershire sauce and beef broth. Bring the broth to a simmer and reduce heat to low. Cook uncovered for 10 minutes, adding more beef broth if necessary to keep the meat from drying out.

4. Mash the cooked potatoes: When the potatoes are done cooking (a fork can easily pierce), remove them from the pot and place them in a bowl with the remaining 4 Tbsp of butter. Mash with a fork or potato masher, and season with salt and pepper to taste.

6. Layer the meat mixture and mashed potatoes in a casserole dish: Preheat oven to 400°F. Spread the beef, onions, and vegetables (if using) in an even layer in a large baking dish (9x13 casserole).

Spread the mashed potatoes over the top of the ground beef. Rough up the surface of the mashed potatoes with a fork so there are peaks that will get well browned. You can even use a fork to make creative designs in the mashed potatoes.

6. Bake in oven: Place in a 400°F oven and cook until browned and bubbling, about 30 minutes. If necessary, broil for the last few minutes to help the surface of the mashed potatoes brown

Joke Corner

Q. Where do snowmen go to dance?

A. The snowball.

Q: What do you call a dinosaur that is sleeping?

A: A dino-snore.

