

June 2009

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Cisco Ottawa Bluesfest  
Summer Vacation  
Sunday, July 19, 2009

Presents

Aboriginal Day

Brock Stonefish,  
Pappy Johns Band  
Derek Miller

\$30 Single Day All access  
Passes available  
until July 17

Ticket Outlets Gignul  
Non-Profit Housing  
396 MacLaren St.,  
(613) 232-0016

Odawa Native Friendship  
Centre  
12 Stirling Ave.,  
(613) 722-3811

Aboriginal Day Info/  
Tickets  
(613) 722-3811

[www.odawa.on.ca](http://www.odawa.on.ca)

# Masenygun

## Reminder - Air Conditioners

Gignul Housing must be informed in writing that 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 conditioners.**

Tenants are also reminded that air conditioners should be on a separate circuit. Due to the age of a major-

ity of Gignul properties it is unlikely that there are dedicated circuits for the operation of air conditioners. 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 conditioner 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.

## Tips To Reduce Your Air Conditioning Needs

Tips to reduce air conditioning use.

- Close the blinds or curtains to block out the sun.
- To reduce heat gain, consider switching to CFL lights and turning off lights when not in use.
- Using ceiling and space fans.
- Use appliances early in the morning or after sunset.
- Open the windows at night to promote cool air circulation.
- Turn off your air conditioner when you go out and at night.
- Get a yearly tune-up on your room air conditioner by a licensed heating and air conditioning technician.
- Shade your air conditioner. This pre-cooling of the air entering your home means the air conditioner doesn't work as hard. Keep the area clear of weeds and debris.
- Turn the temperature a few degrees warmer.
- Instead of using an air conditioner use fans they use 17.9kWh of power while a air conditioning uses 670 kWh.
- Don't set your thermostat at a cooler setting than normal when you first turn on your air conditioner. It won't cool your home any faster and could well waste energy.

"I think education is power. I think that being able to communicate with people is power. One of my main goals on the planet is to encourage people to empower themselves." - Oprah Winfrey

## Driveways, Cars and Sidewalks

Did you know? One drop of oil can render up to 25 litres of water unfit for drinking. [Environment Canada](#)

### Reduce

**Clean sweep** - use a broom to clean driveways, sidewalks and patios, instead of the hose.

**Turn off the tape** - use a bucket and sponge to wash your car and a trigger

nozzle on the hose to wet and rinse.

**Suds away** - use a car wash facility that recycles its water and collects and separates out greases and oils.

### Repair

**Check for leaks** - regularly check for connections and hoses for leaks. Prompt replacement of an inexpensive washer could save water, money

and possibly prevent costly property damage.

A leak of only one drop per second wastes about 10,000 litres of water annually. [Environment Canada](#)

### Retrofit

**Trigger change** - use a trigger nozzle on a hose to stop the flow of water when not in use.

## Anti-Idling

### For our health... For our climate.. Let's stop idling in its tracks!

Leaving a vehicle idling - it's something we often do without thinking about it. Sometimes you can't avoid it, such as while waiting at a traffic light or when caught in bumper-to-bumper traffic. But many times you can!

Cutting down on idling reduces greenhouse gas emissions while also saving fuel costs. It's the smart thing to do, for our City and for our environment.

### It's about our health!

> Car, truck and bus emissions are the single largest source of smog-

causing pollutants in Ontario.

- > Children are particularly vulnerable to air pollution, because they inhale more air per pound of body weight.
- > Exposure to most auto pollutants is much higher inside a vehicle, than at the roadside.
- > Every year, 16,000 Canadians die prematurely from air pollution.

### It's about our environment!

- > Climate change is caused by greenhouse gases. Greenhouse gases are mostly generated by burning fossil fuels.
- > Industrialized nations have produced almost all the greenhouse gases now present in the atmosphere - and their emissions continue to

grow.

> We can stabilize our climate by acting now to reduce greenhouse gas emissions. Cutting down on idling vehicles is a great place to begin!

### It's about saving money!

- > Ten seconds of idling uses more gas than restarting an engine.
- > \$680 million of fuel is idled away by Canadians annually.
- > Reduced idling by 5 minutes a day saves you over \$100 per year.

Excessive idling is harmful to your engine and can actually damage major components such as cylinders and the exhaust system.

## Health and Barbecue Safety Tips

Now that the weather is getting consistently warm, many of us will be bringing out the barbecue and cooking outdoors. Here are some tips to barbecue safely.

- > Barbecues that have not been used in awhile should be inspected prior to use. Look for cracks in hoses, wear, major rusting, loose connections and other possible leaks.
- > Burners and openings should be clear of rust, debris, animal droppings, or insects.
- > Keep barbecues away from flammables. Always use barbecues in well-ventilated areas to prevent accidental

buildup of fuel gas or carbon monoxide in the case of charcoal briquette barbecues.

- > Charcoal briquettes can smolder for up to 48 hours after use.
- > Prior to turning on the gas or propane, open the barbecue lid to prevent the gases from building up.
- > Avoid using flammable liquids on a barbecue.
- > It is a good idea to have a source of water on hand to reduce excess flames.
- > Wash your hands before handling any food.
- > Use lean cuts of meat whenever possible.

> Remember the Goldilocks principle. Cook your food so it is just right. If you undercook meat like chicken or hamburger you might not destroy any bacteria that could cause food poisoning. Alternatively, burnt meat contains chemicals that are potential human carcinogens.

> When cleaning your grill after cooking, be careful using wire brushes. Bits of wire can break off. These bits can get stuck in meat that is cooked later and wind up in the throats of unsuspecting family and friends.

## Fan Facts

### DO...

- > Use your fan in or next to a window. Box fans are best.
- > Use a fan to bring in the cooler air from outside.
- > Use your fan by plugging it directly into the wall outlet.
- > If you need an extension cord, it should be CSA (Canadian Standards Association)

### DON'T...

- > Don't use a fan in a closed room without windows or doors open to the outside.
- > Don't believe that fans cool air. They don't. They just move the air around. Fans keep you cool by evaporating your sweat.
- > Don't use a fan to blow extremely hot air on yourself. This can cause

heat exhaustion to happen faster.

- > If you're afraid to open your window to use a fan, choose other ways to keep cool.



## How To: Get Rid Of Ants - No Poison Necessary

### Natural remedies for invading creepy crawlers

Weary of putting poisonous ant traps near surfaces where you, family or your pets eat? Here are nine all natural ways to get rid of the armies invading our apartments and houses because the weather is now nice.

1. Mix baking soda and icing sugar in equal parts and leave it in small piles around the infested room.
2. Fill a bottle with water and a few drops of peppermint oil and spray those bad boys to their deaths.
3. If you don't live in an apartment, plant mint along the side of your house.
4. Use chalk. Ants tend to move away from any chalk lines.
5. Put out piles of cornmeal; ants cannot digest it properly and will carry it home to try to eat.
6. Do the same thing with Cream of Wheat.
7. Do not cook it first. It will expand when the ants eat it.
8. Sprinkle powdered red chili pepper, paprika, dried peppermint or borax on ant trails, in cracks and

near entryways to prevent them from moving in.

9. If you can find the anthill, make a natural repellent of citrus peelings and water in a blender and pour it over.

Diatomaceous Earth is arguably the most effective natural solution. It is made of fossilized algae with tiny, sharp edges that cut through the bug's exoskeleton-poisoning or dehydrating the insect. It is most effective when applied to the cracks the ants are using to get in and can be purchased at any hardware store. Some baby powders even contain Diatomaceous Earth.

## Traveler's Corner - Traveling in North America

### Canadians traveling to the United States

The Western Hemisphere Travel Initiative (WHIT) is a US law that requires all travelers, including US and Canadian citizens, to present a valid passport or other approved secure document when entering the United States.

#### By land or water

If you wish to enter the United States at its land or water crossings, you must present one of the following:

- A valid passport;
- A Nexus card;

- A Free and Secure Trade (FAST) card; or
- An enhanced driver's license/enhanced identification card.

At land and water crossings, Canadian citizens 15 years of age or under require only proof of citizenship, such as birth certificate or a Canadian citizenship card. Canadian citizens 18 years of age or under who are traveling with a school or other organized group under adult supervision and with parental/guardian consent also require only proof of Canadian citizenship.

#### By air

If you are flying to, through or from the United States, you must present one of the following:

- A valid passport; or
- A valid NEXUS card when used at a NEXUS kiosk at participating Canadian airports or at any U.S. airport.

The air travel requirements apply to all Canadian citizens, regardless of age, including children.

## Gignul Non-Profit Housing Corporation Inc.,

396 MacLaren Street  
Ottawa, Ontario  
K2P 0M84

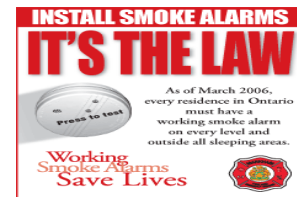
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[www.gignulhousing.org](http://www.gignulhousing.org)

## Pay & Win



Congratulations to  
**Carrie Hardisty**  
For this month's  
Pay & Win winner!!!

## Important Notice



Ottawa Fire Services reminds you that installing and maintaining smoke alarms in your home is not just a good idea, it's the law!

Regardless of an agreement between a landlord and tenant, landlords must install and maintain smoke alarms within your home. Disabling a smoke alarm is a provincial offence.

## In The Hands Of Children

Matches and lighters can be deadly weapons.  
Keep all fire starting materials out of sight and reach of children.  
If you smoke, have only one lighter and keep it with you at all times.

## Recipe of the Month

### Strawberry & Spinach Salad

This delicious salad recipe is adapted from "Recovering Our Ancestors' Gardens: Indigenous Recipes and Guide to Diet and Fitness."

3 cups baby spinach leaves  
1 1/2 cups fresh strawberries, sliced & stems removed  
1 peeled cucumber, sliced  
1 small red onion, sliced thinly  
1/4 cup sliced almonds, roasted in small pan  
1 clove garlic, minced

### Dressing

2 tbsp fresh-squeezed lemon juice  
5 tsp lemon zest (the grated rind)  
2 tbsp white wine vinegar  
1 tbsp vegetable oil  
1 tsp poppy seeds  
1/4 cup sugar or Splenda sugar-substitute (optional)

Add skinless chicken or salmon if desired for a complete meal.  
Whisk together the dressing ingredients, then cover and refrigerate until ready to use. Roast almonds in small pan at 350 degrees or until lightly toasted (approximately 10 minutes). In a bowl, mix strawberries, spinach, cucumber, garlic, onions, then cover with dressing and sprinkle with almonds.

## Upcoming Events

- **Gignul's Tenant Picnic/National Aboriginal Day**  
Location: Andrew Hayden Park  
When: June 23, 2009  
Time: 3pm - 5pm  
Info: (613) 232-0016
- **Noongam Traditional Powwow**  
Location: Queen Julianna Park, Dow's Lake, Ottawa  
When: June 19-21/09  
Info: (613) 728-2341
- **Sheguiandah First Nation Traditional Powwow**  
Location: Manitoulin Island, ON  
Powwow grounds  
When: July 4-5, 2009  
Info: (705) 368-2781 or (705) 368-2198
- **Annual Echoes Of A Proud Nation Contest Powwow**  
Location: Kahnawake, QC, Kahnawake Ceremonial Grounds.  
When: July 12-13, 2009  
Info: (450) 632-7639 or (450) 632-8667
- **Mississauga Traditional Powwow**  
Location: Blind River, ON. Pow Wow Grounds.  
When: July 18-19, 2009  
Info: (705) 356-1621 ext. 2236

## The Green Bin Program

The Green Bin Program is part of the City of Ottawa's long term plan for solid waste management. Today, City recycling programs help to divert a third of all residential waste from landfill. The green Bin Program will add organics to the list of recyclable materials, potentially doubling diversion rates. Organic materials collected by the City through the Green Bin Program will be sent to a state-of-the-art processing plant and converted into nutrient-rich compost ideal for agricultural use. By collecting organic waste in this way, residents can help the City of Ottawa feed the land and not the landfill.

### When will the Green Bin Program start?

Starting in September 2009, the City of Ottawa will be dropping off specially designed Green Bins to residents. Included will be one small kitchen bin for inside use and a larger, green bin for curb-side collection. Residential collection of organics will commence January 2010, with service to apartments and multi-residential units to follow. Please do not set out the green bin until your collection day in January 2010 (please refer to your collection calendar for exact dates).