



"Happy
St. Patrick's
Day to all!"



Masenygun

Gignul Non-Profit Housing Corporation Inc. ,

Change Your Clock - Change Your Battery

Volume 13, Issue 3

March 2010



When you change the time on your clock:

Change the battery in your smoke alarm!

Working Smoke Alarms Save Lives - Don't Stay Home Without One!

Spring ahead and don't become a statistic, change your smoke detectors battery today!

- **Change Your Smoke Alarms Batteries**
- Replace old batteries with fresh, high quality batter-

ies to keep your smoke alarm ready to protect you.

- **Check Your Smoke Alarms**
- After inserting fresh batteries in your smoke alarm, make sure the alarm is working by activating the safety test button. We recommend that you test all of your smoke alarms monthly.
- **Clean Your Smoke Alarm**
- To help keep your smoke alarm in good condition, we recommend that you gently vacuum once a

monthly to remove dust and cobwebs.

- **Replace Your Old Smoke Alarms**
- Smoke alarms need to be replaced every 6-10 years (see manufacturer's instructions). If you are unsure how old your smoke alarm is, err on the side of caution and replace it. New smoke alarms are stamped or labeled with a date.
- **We Also Suggest**
- Plan and practice your home fire escape plan
- Install fire extinguishers
- Change your flashlight batteries

Sidney Crosby scored the winner in overtime as Canada won the Olympic title, beating the United States 3-2 to become the first host nation to capture men's hockey gold in 30 years.

Go Canada Go
14 Gold
7 Silver
5 Bronze
Yea! Canada!!
26 Medal Count

Inside this issue:

Spring Survival	2
About Door-to-Door Electricity Sales	2
Tenant's Guide To Mold	3
60 Earth Hour 1-800-GOT-JUNK?	3
Recipe of the Month	4
Joke Corner	4
Scholarships and Awards	4
Birth Announcement	4
Pay & Win	4
Pooper Scooper	4

Free Clinic Aims To Take Pain Out Of Income Tax Season

For a second year, the Ottawa Association of Community Organizations for Reform Now (ACORN) is offering to complete and file basic income tax claims for free.

The clinic also ensures people get all the benefits they deserve, from GST rebates to credits for taking the bus and paying rent.

Matthew Bullock, the tax clinic coordinator says, it's a

great program because it caters to all walks of life. Households earning less than \$30,000 per year - be they recent immigrants, seniors, students, single-parent families or people on income assistance and disability - are the priority, he added.

The volunteer files the claim through the Internet and prints off a copy

for the client, who could see their refund in as little as 10 days.

The first step is calling ACORN (613-746-5999). Volunteers will conduct a quick screening to ensure the caller qualifies, then schedule an appointment and list the documents the person will need to bring with them to ACORN's office on Montreal Road.

Spring Survival

Spring is in the air. Almost. Unfortunately, so are the many tree and grass pollens that cause seasonal allergies. This can be bad news if these tiny particles cause your asthma to flare up. But the change in seasons doesn't mean that you have to hibernate until winter. While you may not be able to avoid your triggers completely, there are many ways to help limit your exposure.

Here are some other suggestions for avoiding pollen and mold when pollen counts are high:

- ▶ Keep your windows closed to prevent pollen and mold from coming in. Remove any pollen and mold that make their way into your house with an air filter, air conditioning or an electrostatic filter.
- ▶ If possible, use an air conditioner,

rather than fans, to cool your house.

- ▶ Keep your car windows rolled up and turn your air conditioner to recirculate.
- ▶ Try to stay inside between 5 am to 10 am, and on dry, hot, and windy days. This is when pollen counts are generally the highest.
- ▶ Don't hang clothes or sheets outside to dry.
- ▶ Ask someone else to mow the lawn and rake leaves. These activities stir up allergens. If you have to do these things yourself, wear a mask.
- ▶ Take your vacation somewhere with less pollen, such as the beach.
- ▶ Shower and change your clothes after spending time outside. This will help remove any pollen or mold that

is on your clothing, hair and skin.

- ▶ Take your medication as directed. Don't take any extra medicine if your symptoms are severe unless your doctor tells you to.
- ▶ Exercise indoors.

According to the Centers for Disease Control and Prevention, mold growth can exist practically anywhere. Whether you are inside or outside, mold spores are there. They can enter your home through openings as large as doors or windows, or as small as the tiniest gap you ever chased with a caulk gun. Once in your home, the spores can grow on clothes, shoes, toys or even pets. Worse yet, mold is almost certain to release clouds of potentially harmful spores that, once airborne, can take many ways to help limit your exposure.

About Door-to-Door Electricity Sales

At Hydro Ottawa, we often receive calls from customers about door-to-door electricity sales. Here are some answers to the most common questions.

Are any electricity retailers affiliated with Hydro Ottawa?

No. Hydro Ottawa does not sell electricity contracts, and is not affiliated with any electricity retailer.

What if someone comes to my door and claims to be from Hydro Ottawa?

Hydro Ottawa does not sell electricity door-to-door, period. If our employees need to visit your home for any other reason, they will always carry identification, and will gladly show it to you upon request. **If someone selling electricity contracts claims to be from Hydro Ottawa, please ask for their identification and call us at 613-738-6400.**

When I sign up with a retailer, who will deliver my electricity?

Hydro Ottawa will always deliver your electricity, no matter who you purchase it from. That's our job. We do not benefit financially from your decision to sign, or not to sign, a contract with an electricity retailer.

For more information, visit "The Energy Choice is Yours" on the OEB's website at: www.oeb.gov.on.ca or call toll-free at: 1-877-632-2727.



(613) 738-6400

www.hydroottawa.com

You can also call Hydro Ottawa or visit our website:

Same applies to your hot water tank, furnace, gas. Always ask for their Identification and tell them that they would have to contact Gignul since we are paying all the bills for you

and no need to sign anything for that matter.

The Ontario Energy Board's Role in Natural Gas Rates

In natural gas, the Ontario Energy Board sets rates for:

- The distribution, transmission, and storage of natural gas;
- The commodity price for natural gas;

The Ontario Energy Board Does Not Regulate Prices Charged For Competitive Services Such As:

- Contracts offered by natural gas marketers;
- Water heater rentals; and
- Repair or maintenance services for water heater rentals.

These products and services are available from a number of companies competing for your business.

NOW REMEMBER, ALWAYS ASK FOR IDENTIFICATION.

March 14, 2010—Don't Forget To Change Your Clocks - Change Your Batteries - Smoke Alarms Save Lives!!

The Tenant's Guide To Mold

This About Your House is for people living in rented houses. Cleaning up mold can be either the tenant's or the landlord's responsibility - or a responsibility shared by the tenant and landlord.

Understanding Mold

- Mold can be harmful or helpful - depending on where it grows.
- Mold needs moisture to grow.
- Mold does not grow on dry materials.
- Mold growing inside a home can affect occupant's health.
- Occupants can learn to recognize mold.
- Molds in houses are not the only causes of health problems.

How Can You Tell If It Is Mold?

Discoloration

One sign of mold is discoloration. Not all discoloration is mold. Carpeting neat baseboards, for example, can be stained by outdoor pollution entering the dwelling. Smoke from burning can-

dles or cigarettes may also cause stains or soot.

Mold may be any color: black, white, red, orange, yellow, blue or violet. Dab a drop of household bleach onto a suspected spot. If the stain loses its color or disappears, it may be mold. If there is no change, it probably isn't mold.

Smell/odor

Sometimes molds are hidden. A musty or earthy smell is often a sign that there is mold. But not all molds create an odor. Even when you don't notice a smell, wet spots, dampness or signs of water leak indicate moisture problems that can be followed by mold growth.

When is mold a problem in houses?

- Estimate how much mold is growing.
- You can clean up a small area of mold yourself.
- You can clean up mold on window sills.

- For larger mold area or recurrent mold problems, contact your landlord.

Is There A Mold Problem?

Molds are always found in outdoor air and in all buildings. They come into a house in many ways - through open windows or doors, on clothing, pets, food or furniture. The problem starts when mold grows inside the unit.

The presence of mold is a sign that there is too much moisture - a situation which must be corrected.

Moisture is the most important element that makes mold grow. The key to preventing mold is to control excess moisture levels in the home.

The air feels dry - can I humidify?

Before you add moisture to the air, measure the relative humidity. Air that feels dry may not really be dry. It may be moldy. High relative humidity (over 45 per cent) promotes the growth of molds and dust mites. The moisture in the air may condense on colder exterior walls where molds start to grow.

60 Earth Hour

60 People Making Earth Hour Every Hour

On March 27 at 8:30 p.m., hundreds of millions of people around the world will turn off their lights for an hour to demand action on climate change. But that's just the beginning. Every hour, Canadians are taking small steps to lessen their impact on the

environment. From hanging clothes to dry to taking transit to work, those small steps add up to huge changes for the better. Get inspired by others who are living Earth Hour every hour. Switching off your lights is just one simple action that you can take to help make a difference and it sends a powerful message that we

care about our planet.

What I'm doing for earth hour

You can do lots of fun things in the dark. Plan a candlelight dinner for your sweetie or a group of friends. Play board games, tell stories, and sing songs with your kids and your neighbours and whatever you're doing it will be lots of fun!

1-800-GOT-JUNK?

Have any junk you like to remove without lifting a finger? **Call 1-800-GOT-JUNK?**

- (1) They will remove the things you don't need: From old furniture, appliances, electronics to yard waste and renovation debris, they will take away almost anything.
- (2) You just point to what you want removed. They will do all the loading and clean-up, wherever the items are located.
- (3) Get started now and save \$10 - book online at 1800gotjunk.com or call 1-800-468-5865.

Fun Facts: Did You Know? > The first microwave oven was five feet tall and cost \$5,000. > The first electric toaster toasted one side at a time. > Before the modern refrigerator, large blocks of ice were delivered to homes to keep the ice box cold. > Over 100 years ago, before houses had electricity, kitchen has wood-burning stoves.

Gignul Non-Profit Housing Corporation Inc.,
396 MacLaren Street
Ottawa, Ontario
K2P 0M8
Phone: (613) 232-0016
Fax: (613) 232-1977
E-mail: e.louttit@bellnet.ca
www.gignulhousing.org

Pay & Win



Congratulations to
William Namabin
For this month's
Pay & Win winner!!

Birth Announcement



Dexter Commandant

Proud parents are
Chris Commandant & Jennifer Barton
of Wahta FN.

Scholarships and Awards

Any students interested in applying for Scholarships for school next fall.

Scholarships and Awards applications are often due between March and June (to be awarded for September 2010).

Please look now for any you can apply to. Here are some links -

www.aboriginalcanada.gc.ca
www.rbcroyalbank.com
www.ammsa.com
www.osca.ca;
www.mno.ca
www.cnf-fiic.ca

Recipe of the Month

Salmon Corn Chowder

A salmon corn chowder recipe with potatoes and carrots.

Ingredients:

1 can (7 1/2 oz) salmon
2 tbsp butter
1/2 cup chopped onions
1/2 cup chopped celery
1 clove garlic, minced
1 cup diced potatoes
1 cup diced carrots
2 cups chicken broth
1/2 tsp thyme
1/4 tsp black pepper
1 can (13 oz) evaporated milk
1 pkg. (10 oz) frozen corn kernels, thawed
Minced parsley

Preparation:

Drained and flake salmon, reserving liquid. In a skillet, melt butter; sauté onions, celery and garlic until softened. Add potatoes, carrots, reserved salmon liquid, chicken broth and seasonings. Simmer, covered, for 20-25 minutes, or until vegetables are nearly tender. Add flaked salmon, evaporated milk and corn; heat through. Sprinkle with a little fresh minced parsley for garnish, if desired.

Pooper Scooper

Clorox Bleach: To make a pooper scooper, cut an empty, clean Clorox Bleach jug in half and use the half with the handle to scoop up whatever mess your pet makes.

Ziploc Storage Bags: To scoop up presents left behind by your cat or dog, turn a Ziploc Storage Bag inside out, put your hand inside the bag like a glove, pick up the mess, pulling the bag right-side out again, seal shut, and discard.

Keeping Animals Under Sanitary Conditions:

Every person who keeps an animal within the City shall ensure that such animal is not kept under conditions where an accumulation of fecal matter, odor, insect infestations or rodent attractants disturb or are likely to disturb the enjoyment, comfort, convenience of a person or may endanger the health of any person or animal.

Joke Corner

(Q) How do you keep a blonde busy?

(A) Put her in a circular room and tell her to find a corner.

(Q) What is the loudest State?

(A) ILLI-NOISE

Knock, knock. Who's there? Theodore. Theodore who? Theodore is stuck and it won't open.

Knock, knock. Who's there? Lettuce. Lettuce who? Lettuce in and you'll find out.

A Little Girl to her friend: I'm never having kids. I hear they take nine months to download.

Father: "I hear you skipped school to play football."

Son: "No I didn't, and I have the fish to prove it."

Policeman: I'm afraid that I'm going to have to lock up for the night.

Man: What's the charge officer?
Policeman: "Oh, there's no charge. It's part of the service."

Résumé Bloopers:

Personal Interests: "Donating blood. 14 gallons so far."