



GIGNUL MASENYGUN

The Coalition to End Violence Against Women, along with Crime Prevention Ottawa, Interval House of Ottawa and the Eastern Ottawa Resource Centre, launched a new text and chat service this year called [Unsafe at Home](#) for women and members of LGBTQ2S+ communities in Ottawa and Lanark

CANCELLED: Welcome Santa Drive-Thru Christmas Parade: November 29, 2020

With the current conditions of the pandemic it has become clear that in the best interest of the safety of our community that the Ottawa Area Chamber of Commerce Welcome Santa parade will be cancelled for 2020. We hope everyone will remain vigilant during this time to continue social distancing, wash your hands, and wearing a mask to help stop the spread of COVID-19. Thank you Ottawa community for doing your part. We look forward to seeing all of you at the 2021 Welcome Santa Parade.



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SHOPPING FOR GATHERINGS

If possible, consider shopping online.

If **shopping** in person:

📏 Plan ahead, go during non-peak hours.

📏 Go alone or limit the number of people you shop. Only shop with those in your household

and/or your chosen social support person(s).

📏 Put your mask on before entering the store; sanitize your hands before handling your mask and after taking your mask off.

📏 Maintain a physical distance of 2 meters (6 feet)

from other shoppers and minimize the number of stores you visit.

📏 Please be patient and kind. Our **local businesses** are working hard so you can get your holiday shopping done.

"FOOD for FRIENDS" CHRISTMAS HAMPERS

Odawa Native Friendship Centre will not be doing any Christmas presents due to the pandemic, they will be doing it next year 2021.

However, they will be distributing Christmas baskets/hampers only to their members. If you are a member please call Odawa (613) 722-3811 to update your mem-

bership application.

Please do not call Gignul housing for forms as we will not have any for this year. Thank you

UPDATES ON WEARING MASKS AND RENTAL PAYMENT ASSISTANCE FOR TENANTS

QUESTION

I live in a high-rise apartment downtown, and I sometimes visit friends in other apartment buildings and condo buildings. Even before it became common, I used to wear a mask in the common areas and in my friends' apartments. For a while, almost everyone else seemed to as well, but lately mask wearing seems to be slipping. Is this a problem?

ANSWER

Ottawa By-Law and Regulations Service says they have been receiving reports of non-compliance with the Temporary Mandatory Mask By-law in some condos and multi-unit residential buildings. Here is a statement from BLRS.

Ottawa has experienced a surge in COVID-19 cases, and therefore, our city is in a modified Stage 2 of re-opening for 28 days...we need to be particularly vigilant in ensuring that everyone complies with the various regulations that have been put in place to protect public health and safety.

"With that in mind, the City of Ottawa is reminding owners and managers of the requirements of the Temporary Mandatory Mask By-Law.

1) The Building Operator of a Condo-

minium or Multi-Unit Residential Building shall post, at every entrance to the premises, prominent and clearly visible signage that contains the following message.

All persons entering or remaining in the enclosed common areas of these premises must wear a mask that covers the nose, mouth, and chin as required under City of Ottawa By-Law 2020 -186.

2) The Building Operator of a Condominium or Multi-Unit Residential Building shall ensure the availability of alcohol-based hand rub at all entrances to the premises."

Ottawa Public Health's website has additional information and materials that may be helpful:

📄 Masks and face coverings at OttawaPublicHealth.ca/Masks

📄 A multilingual poster about the mask rules

📄 Resources to promote physical distancing, elevator etiquette, and more

"Further, physical distancing – maintaining two metres/six feet between persons or different households – should be promoted at multi-unit dwellings. Congregating in common areas of multi-unit dwellings should also be discouraged, and actions should be taken to minimize risks

(such as removing seating in common areas that can become natural gathering spaces)."

Of course, tenants also need to do their part by wearing masks and limiting the number of people in elevators.

Question

Since April I have struggled to pay my rent during COVID. I now owe almost two months' rent, and have no more money in the bank. I am transitioning to EI and I don't know how I am going to catch up. Is there any assistance for people like me?

ANSWER

The City of Ottawa may provide emergency financial help for tenants in your situation. The province has provided funding to the City of Ottawa to sustain and expand social services in Ottawa during the pandemic.

Visit the city's COVID-19 website (<https://ottawa.ca/en/health-and-public-safety/covid-19-ottawa/support-and-assistance>) for resources and help.

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

SEWER BACK-UPS

Let's prevent unpleasant sewer back-ups. Grease, paints, solvents, etc., should never be poured down the drains or flushed down the toilets.

Women should be mindful of personal care products; applicators, packaging, and sanitary napkins are not appropri-

ate for flushing. Kitty litter is extremely damaging to plumbing and very little can block pipes and drains immediately!

DISTANCING AND ISOLATING

The novel coronavirus primarily spreads through droplets when an infected person coughs, sneezes, breathes or speaks onto someone or something. These droplets can hang in the air.

People can be contagious without symptoms.

This means people should take precautions such as staying home when sick, keeping hands and frequently touched surfaces clean, socializing outdoors as much as possible and maintaining distance from anyone they don't live with - even with a

mask on.

Ontario has abandoned its **concept of social circles**.

Ethel says **people should be wary of blind spots**, like taking a lunch break at work with colleagues or carpooling.

Masks are **mandatory in indoor public settings** in Ontario and Quebec and should be worn outdoors when people can't distance from others.

Three-layer non-medical masks with a filter are recommended.

Anyone with COVID-19 symptoms should self-isolate, as should those

who've been ordered to do so by their local public health unit. The duration depends on the circumstances in both **Ontario and Quebec**.

Health Canada recommends older adults and people with underlying medical conditions and/or weakened immune systems stay home as much as possible.

Anyone who has travelled recently outside Canada **must go straight home** and stay there for 14 days.

Updated: November 17, 2020

TIPS TO STAY WARM AS TEMPERATURE DROPS

Fan blades help: Set the rotation of your ceiling fan's blades in the opposite direction of what you use during summer. The fan will push the heat from higher levels of a room down to the living space below. See your ceiling fan's manual for additional instructions for winter use.

Keeping warm this winter can be affordable if simple, energy-saving

steps are followed. The savings add up surprisingly fast. Play it safe this winter, and make sure to keep warm.

Seal and cover windows: Use heavy drapes over windows at night while opening the ones facing the sun during the day. The drapes prevent heat from leaving the house on cold nights. When heavy drapes are used on win-

dows, they block cold air from entering the house.

Line your windows with plastic to help prevent heat-sapping air leaks. This works especially well if windows have cracks running through them. Caulking holes, cracks, and crevices will help to keep the hot air inside while blocking cold air from entering.

BE SOCIAL WISE YEAR-ROUND

While some people are more vulnerable to complications from COVID-19, we are all susceptible of getting COVID-19 and spreading it to others.

We understand that the FOMO (Fear of Missing Out) is real. But if you are Social Wise, the only thing you will miss out on is getting sick and getting others sick.

Be Social Wise:

🔗 Remember to **be COVID Wise:**

🔗 **W** – Wear a **mask or face covering where required**, or when

you cannot maintain a physical distance of two metres (six feet).

🔗 **I** – Isolate yourself from others when you are sick (and **get tested immediately** if you have **COVID-like symptoms**).

🔗 **S** – Stay **two metres (six feet) apart** from those outside your household.

🔗 **E** – Exercise **proper hand hygiene**; wash your hands regularly or use sanitizer especially before touching your face.

🔗 Download our fact sheet on **What You Need to Know About COVID-19**.

RECIPE OF THE MONTH

Steamed Christmas Pudding

Ingredients

- 1 ½ cups self-rising flour
- 1 cup white sugar
- 1 teaspoon ground cinnamon
- 2 eggs, beaten
- ¼ cup melted butter
- ½ cup prepared mincemeat pie filling
- ½ cup whole cranberry sauce
- ½ cup pumpkin puree
- 1 (8 ounce) container sour cream
- 1 (8 ounce) package cream cheese
- ½ cup confectioners' sugar

Directions

Step 1

Grease one 2-quart lidded pudding mold. Sift together the flour, sugar and cinnamon; set aside.

Step 2

In a large bowl, mix together the eggs, butter, mincemeat, cranberry

sauce and pumpkin. Add to flour mixture and mix until smooth; pour into pudding mold.

Step 3

Place a rack in the bottom of a large pot, over medium heat, and fill 1/2 way up with boiling water. Place the pudding on the rack. Steam for 2 1/2 hours.

Step 4

Check the pan occasionally and add more water if needed. Check for doneness by inserting a toothpick in the center. When firm, place the pudding mold on a rack outside of the water for 10 minutes and unmold.

Step 5

Prepare a sauce by blending together the sour cream, cream cheese and confectioners sugar. Spoon dollops over warm pudding and serve.

RETIREMENT

Hello to all tenants of Gignul, Madawan and Carmen

I will be retiring on December 3, 2020 as an Administrative Assistant. I have served you all for fourteen years and I really, really enjoyed working and getting to know some of you that come to the office. I am not saying good bye and fly off to the moon or anything, I know I will be running into some of you at the stores(s).

Shawnee Wannamaker will be taking over as the new Administrative Assistant starting Monday, November 30, 2020. It's time that I let somebody else sit on my throne. I know she will do a good job taking care of you all.

All my relations,

Eve Louttit

SPACE HEATERS

❏ Keep the heater at least 3 feet away from anything that can burn.

❏ Have a three foot "kid-free and pet-free zone" around open fires and space heaters.

❏ Choose a heater with a thermostat and overheat protection.

❏ Place the heater on a solid, stable, flat surface.❏ Make sure your heater has an auto shut-off to turn the heater off if it tips over.

❏ Keep space heaters out of the way of foot traffic.

❏ Never block an exit.

❏ Plug the heater directly into the wall outlet; never use an extension cord.

❏ Space heaters should be turned off and unplugged when you leave the room or go to bed.

❏ Install and maintain CO alarms to avoid the risk of CO poisoning. If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department.

❏ Never use your oven to heat your home.

JOKE CORNER

Patient: "Doctor, I get heartburn every time I eat birthday cake."

Doctor: "Next time, take off the candles."

(Q) Why was the cell phone wearing glasses?

(A) It lost its contacts.

Barista: How do you take your coffee?

Me: Very, very seriously.

(Q) Why are Italians so good at making coffee?

(A) Because they know how to espresso themselves.