

IT'S HOT AND YOU ARE IN DANGER!!



Heat exhaustion is the most common heat-related illness. Signs and symptoms include weakness or cramps, paleness, dizziness, nausea or vomiting, and headache.

Core body temperature (37° C) can be normal, below normal, or slightly elevated. You should move somewhere cool and drink plenty of water or fruit juice. Avoid heat and exertion for at least 24 hours after an episode of heat exhaustion.

Heat stroke can develop if heat exhaustion is left untreated, but it can also occur **suddenly and without warning**. Symptoms include a sudden rise in temperature (like a sudden fever), hot, red and dry skin, an intense thirst, sleepiness, confusion and/or aggression (that may look like drunkenness), convulsions and a loss of consciousness. Heat stroke can result in irreversible damage to your body, including the brain, or death.

This summer listen to radio and TV for Public Health Services heat advisories, warnings or alerts and what to do in each case



TIPS TO BEAT THE HEAT

- ⊗ Go to places with air conditioning such as malls, libraries or a friend's home
- ⊗ Cool off in pools, recreation centres and splash pads
- ⊗ Drink lots of water
- ⊗ Take cool baths or showers
- ⊗ Limit use of electric lights and ovens
- ⊗ Wear sunscreen and loose fitting, light clothes
- ⊗ Limit physical activities
- ⊗ Never leave a child or pet alone in a parked car
- ⊗ Be careful using electric fans to stay cool. Do not use fans that move indoor hot air around, only use CSA approved fans that move cool air drawn in from outside (for example a fan or air conditioner installed in a window)
- ⊗ Keep in touch with the elderly and most vulnerable



COOLING CENTRES*

Good Shepherd Centre
143 Wentworth St. S.

Sackville Seniors Centre
780 Upper Wentworth Ave

CHH Buildings With Lounges Will Remain Open
24/7 In The Event Of A Heat Alert

***Open During Public Health Services Heat Alert**

Statutory Holidays

Please be advised that our offices will be CLOSED for the following Statutory Holidays

Civic Holiday - Monday, August 4, 2008

Labour Day - Monday, September 1, 2008

Thanksgiving Day - Monday, October 13, 2008

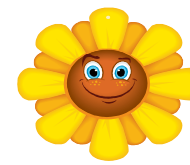
In the event of an emergency, please call our after hours number 905-523-8496

QUICK REFERENCE NUMBERS

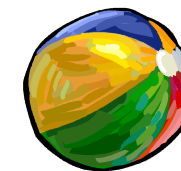
Emergencies	9 1 1
Police	905-546-4925
Fire	905-546-3333
HSR	905-527-4441
City Contact Centre	905-546-2489
Central Library	905-546-3200
Community Info	905-528-0104
SPCA	905-574-7722
Access to Housing	905-524-2228
Ontario Works	905-546-4800
Union Energy	1-888-718-6466
Union Gas	1-877-969-0999
Telehealth Ontario	1-866-797-0000
Landlord and Tenant Board	1-888-332-3234
CityHousing's After Hours	905-523-8496

*Summer afternoon - summer afternoon;
to me those have always been the two
most beautiful words in the English
language.*

~ **Henry James**



SUMMER FUN FOR THE KIDS



When the kids are screaming "we're bored" and summer is just starting The City has many activities for them to enjoy. We have a Soupy program being run at 45 Montcalm Drive, 980 Upper Ottawa Street and at the James Street north neighborhoods. Even if you don't reside in one of these addresses but are in the area feel free to drop in and have a great time.

If these neighborhoods are not in your area contact the City's Summer Hot Line at (905) 546-2489 or your local council **Wards 1 and 2** (905) 546-4939, **Wards 3 and 4** (905) 546-3122, **Ward 5** (905) 546-4284 and **Ward 6** (905) 546-4880 to get a list of Free City run programs in your neighborhood.

Have a FUN and SAFE summer!!

FIRE AND SAFETY TIPS

Window Safety Tips

Always inspect your windows to confirm that the locking mechanism is in place & secured in a locked position. NEVER tamper with window safety stops or guards. They are installed so the window will only slide open a maximum of 4 inches. Remember to place cribs, beds and other furniture away from windows. Remember a screen is not strong enough to prevent a child from falling out a window.

It Is An Offence To Disable A Smoke Detector

Most fire deaths occur at night when people are asleep. Your smoke alarm will detect a fire in its early stages, sound an alarm and provide the precious time you need to escape the fire. The Ontario Fire Code prohibits the intentional disabling of any smoke detector. Any person (tenant) who disables a smoke detector or tampers with any other fire safety device is guilty of an offence and is subject to legal action. Due diligence as a landlord implies we must take action, should a resident seriously impair the safety of other residents by disabling their smoke detector.



Automatic Door Closures

Door closures are designed to fully close and latch after each use. The door must not be blocked or wedged in any fashion as to tamper or prevent proper closure.

Section 66 of the Residential Tenancies Act states that

- (1) A landlord may give a tenant notice of termination of the tenancy if,
 - (a) An act or omission of the tenant, another occupant of the rental unit or a person permitted in the residential complex by the tenant seriously impairs or has seriously impaired the safety of any person

During the next few months you may notice some activity in and around the community in which you live. Listed below are a few projects that we plan to undertake this year:



**155 Park Street South
September 2008 – December 2008**

➤ The continuation of the removal and replacement of various piping throughout the entire building.

**Various Row House Properties
September 2008 – November 2008**

➤ The removal and replacement of concrete walkways, stairs, porches and asphalt pavement.

801 Upper Gage Avenue

➤ The continuation of the removal, replacement of the deteriorated concrete ceiling including the painting of the kitchen ceilings.

1884 Main Street West

➤ The removal and replacement of various piping throughout the entire building.

1900 Main Street West

➤ The removal and replacement of the building roof system.
➤ Foundation repairs and restoration.

104 Osler Drive

➤ The removal and replacement of kitchen cabinets in the entire buildings.

5 Maple Avenue

➤ The removal and replacement of kitchen cabinets in the entire buildings.

Energy Conservation

In our on-going efforts to save energy and improve the living environment at our complexes, the following energy management projects will be completed in the coming three months:

2 Oriole Crescent

⊗ Upgrade of Exterior Lighting

155 Park Street South

⊗ Upgrade Interior and Exterior Lighting

170 East Avenue South

⊗ Upgrade Interior and Exterior Lighting

557 Queenston Road

⊗ Upgrade Interior Lighting

Various Row Houses

⊗ Water Conservation Retrofits

226 Rebecca Street

⊗ Boiler Replacement

395 Mohawk Road East

⊗ Boiler Replacement

