

THE OC LINK

OFF-CAMPUS LIVING NEWS FOR FANSHAWE COLLEGE STUDENTS
OCTOBER 2019

In This Issue:

- Fire Safety Tips
- London Hydro Information
- Managing Midterm Stress
- Cash is King
- Housing Horror Story: Skunked!
- Contact Us

Fire Safety Tips

By Haleh

Prevention is key!

Never leave candles or open flames unattended and keep them away from fabric, furniture, paper, and drapes.

What to do in case of a grease fire

If a fire starts when you are cooking with hot oil, do not panic and do not use water to put it out! Keep a container of baking soda by the stove and sprinkle over the fire to extinguish it.

No baking soda? Place a lid tightly over the fire to put it out.

Check fire alarms regularly

You should check each fire alarm in the house once a month using the test button.

Tip: Ensure that your unit has a fire alarm on every floor and outside sleeping areas. If your rental does not comply with this standard, let your landlord know immediately!

London Hydro Information

Move In-Move Out: Use London Hydro's online move-in service to easily open a new account. This is the fastest way to process an upcoming move.

<https://www.londonhydro.com/site/#!/residential/content?page=opening-new-account>

Ontario Electricity Support Program (OESP): Many customers on fixed incomes, such as students, qualify for an on-bill monthly credit (minimum of \$35 each month). To complete the application, you need your current London Hydro utility bill and the date of birth as well as the social insurance numbers of all tax-filing roommates. Go to

<https://ontarioelectricitysupport.ca/> to apply.

AffordAbility Fund: If the cost of energy-saving upgrades is out of reach, Ontario's new AffordAbility Fund is here for you. Your local electric utility and community services are working together to help you improve your home's energy efficiency with free energy-saving upgrades, which can lower your home's energy use and your electricity bill. Visit affordabilityfund.org or call 1-855-494FUND(3863) Monday – Friday, 8 a.m. – 8 p.m. to sign up to receive your free energy savings kit.

MyLondonHydro: London Hydro's online portal allows you to access your billing and consumption information anytime and anywhere. You will also be able to notify us of payments online to maintain good payment history as well as receive notifications regarding overdue London Hydro accounts and outages.

Delegates: MyLondonHydro customers can assign others, such as parents or roommates, as delegates so everyone can view the same MyLondonHydro account information.

Paperless Billing: Be good to the environment and go paperless. New paperless billing subscribers receive 100 Bonus Aeroplan Miles for registering and an additional 5 Aeroplan miles for each London Hydro paperless bill issued. *You must have a valid Aeroplan number linked to your account to receive the Aeroplan points.

Off-peak- Off-Peak is the cheapest time to use electricity. Off-Peak is from 7 p.m. to 7 a.m. Monday to Friday, all weekend long from 7 p.m. Friday evening to 7 a.m. Monday morning, as well as on holidays.

If you have more questions, please contact London Hydro Customer Service Department 519-661-5503 Monday to Friday 8:30 a.m. to 4 p.m. or email billingsupport@londonhydro.com

Managing Midterm Stress

By Haleh

Set realistic goals

Reading 12 chapters a day may seem like the necessary schedule to be prepared in time, but setting small goals that you know you can achieve will result in small accomplishments that motivate you to keep going. Setting goals can also put your schedule in perspective and help it seem less daunting!

Talk to a friend

Many of us tend to put studying above socializing during exam time but talking about your exam stress with a friend can actually be a good distraction and help you realize you're not alone in your worries!

Take care of your mind and body

Of course, eating healthily is much harder during midterm season, but here's a tip! Right before your schedule begins to get hectic, make a meal plan outlining the meals you plan to eat during study season, and make sure to book time for grocery shopping when making your study plan. This ensures that you always have the necessary ingredients on hand and a plan for what to make, which helps take one stress out of your already stressful day!

Cash is King

As a student, everything is a financial struggle: tuition, textbooks, food, groceries and gas expenses can add up. Here are some ways to maximize your resources and take responsibility of your money.

- Coordinate with roommates: There's no need to have four of the same milk cartons in the fridge when you can buy in bulk and split with everyone.
- Discount days: Loblaws, Metro, Superstore and Food Basics all offer 10% off groceries on Tuesdays for students. Another good habit is to compare flyers for weekly discounts and price match at other stores for maximum savings.
- Reduce temptation: Impulse purchases add up over time. You might think a coffee or pop after class is a small purchase, but it could represent a large portion of your spending. Make sure that you only buy what you need, rather than what you want.
- Cash machines: If you're looking for an ATM, try to only use ones from your specific bank. Any other ones will usually incur additional charges.
- Track your spending: Making a budget is the most effective way to track your cash flow. By recording all your transactions and setting aside a fixed amount of cash each month, you can get an accurate indication of your spending patterns and adjust them accordingly

Housing Horror Story: Skunked!

By Elizabeth

The Situation: Have you been skunked before? Could you imagine your house getting skunked? Yes, that really did happen in London last month. A skunk was outside of the house but sprayed into the air vent. This smell travelled into the house and the entire house

smelled horrible to the point where some of the housemates were vomiting and showing allergic reactions.

Tip: If this happened, the tenants should immediately contact the landlord to try to clean the air. Because the tenants did not deliberately cause this, they cannot be charged for the cleaning services. When the landlord called the skunk removal company, they said the service costs \$5000 so the landlord chose to try natural remedies to neutralize the smell. Since the smell is not permanent and it does go away after a week or two, the tenants should be able to live without a problem after some time.

Fanshawe College Housing Mediation Service-Counselling and Accessibility Services

Wednesdays from 8:30 a.m. – 4:30 p.m.

Office: Room F2010

Phone: 519-452-4282

Email: housing.mediation@fanshawec.ca

Website: www.fanshawec.ca/housing

OR

Monday to Friday: 519-661-3787