

Fall NEWSLETTER

2025

Fall Clean-Up & Winter Preparation Tips

Outdoors:

- Rake and bag fallen leaves to keep yards and walkways tidy.
- Clear sticks, branches, and clutter from yards to prevent hazards.
- Put away outdoor furniture, toys, and gardening tools before snow.
- Disconnect garden hoses and store them indoors.
- Ensure outdoor taps are shut off to prevent frozen pipes.



"How beautiful
the leaves grow
old. How full of
light and color
are their last
days."

John Burroughs

Indoors:

- Make sure smoke alarms and carbon monoxide detectors are working.
- Change furnace filters (if applicable) for better air quality and heating efficiency.
- Keep heat vents clear of furniture or clutter.
- Stock up on winter supplies like salt/sand for walkways, and extra blankets.



IMPORTANT MESSAGE



ONTARIO ASSOCIATION OF FIRE CHIEFS

FIRE CODE STATES

“ NO PERSON
SHALL DISABLE
A SMOKE ALARM ”



FOR TENANTS

PREVENTION RESPONSIBILITIES

- Tenants are responsible for reducing the risk of fires starting and to maintain a safe exit.
- All hallways and any access to an exit must be clutter and garbage free so it is unobstructed at all times.
- Furnace filters should be clean and changed regularly.
- Keep smoke alarms in good working condition and vacuum them regularly. Do Not remove.
- Keep carbon monoxide alarms in good working condition and vacuum regularly. Do not remove.
- Make sure appliances do not have any grease build-up.
- Avoid storing items in furnace rooms, or away from furnaces and water heaters.
- Keep dryer vents free of lint.
- Do not use extension cords as permanent power connections. Power bars are permitted.
- Never overload electrical circuits/plugs.
- Make sure exit doors open easily.
- Never store flammable liquids or propane tanks inside.

Check that your fire
extinguishers are in
the green section



UNIT INSPECTIONS



Following recent unit inspections, we want to remind all tenants about the importance of keeping homes clean, safe, and well-maintained. The three biggest concerns found during inspections were cleanliness, excessive clutter, and pet damage. A clean and organized home makes life more enjoyable and can even help ease stress and anxiety, creating a calmer space for you and your family.

- Units must be kept in a clean and sanitary condition.
- Too much clutter can create safety hazards, block emergency exits, and make it harder for staff to complete needed repairs.
- Regular tidying, removing garbage, and keeping hallways and rooms clear helps keep your household safe and healthy.
- If you're finding it difficult to keep up with cleaning or belongings, please reach out—there are community resources and supports available to help.
- Pets must be cared for in a way that protects your home and respects your neighbours.
- Dogs and other animals should always be taken outside for toileting and never left to soil inside the unit. This prevents odours, damage, and health risks.
- Pet waste, whether indoors or outdoors, must be cleaned up right away and disposed of properly.
- Pets should not be allowed to damage walls, doors, flooring, or anything provided by the landlord. Any repair costs may be charged back if damage occurs.
- Excessive barking, roaming pets, or disturbances caused by animals are not permitted.

We are taking a stronger stance on these issues moving forward. If concerns are found during inspections, tenants will be required to take corrective action. Failure to do so may result in charges for repairs or lease enforcement measures.



Clutter



Cleanliness



Pets



Short term, Long term, and
Commercial properties



SOME OF WHAT WE DO...

- ✓ Ensuring you have the necessities
- ✓ Excessive clutter/ Hoarding decluttering
- ✓ Errand runs
- ✓ Property Clean Up
- ✓ Housekeeping/Cleaning
- ✓ Budgeting support
- ✓ Pest control preparation
- ✓ Item/Furniture removal
- ✓ Meal plan/prep support

LAURA

705-952-0440

Servicing the Parry Sound District

buildingbridgespmcs@gmail.com



BANANA PUMPKIN BREAD



Ingredients

- Baking spray
- 3/4 cup unbleached all purpose flour
- 1/2 cup white whole wheat flour
- 3/4 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1 1/2 tsp pumpkin spice
- 3 medium very ripe medium bananas, mashed
- 1/2 cup pureed pumpkin
- 2 tbsp butter, softened
- 1/2 cup light brown sugar, unpacked
- 1 large egg white
- 1 large egg
- 1 tsp vanilla extract
- 1/4 cup chopped pecans, optional

Instructions

- Preheat oven to 325F. Grease a 9x5 inch loaf pan with baking spray.
- In a medium bowl, combine flour, baking soda, cinnamon, pumpkin spice and salt with a wire whisk. Set aside.
- In a large bowl, cream butter and sugar with an electric mixer.
- Add egg whites, egg, bananas, pumpkin and vanilla, and beat at medium speed until thick. Scrape down sides of the bowl.
- Add flour mixture and nuts (if using), then blend at low speed until combined. Do not over mix.
- Pour batter into loaf pan and bake on the center rack for 55 to 60 minutes, or until a toothpick inserted in the center comes out clean.
- Let the pan cool at least 20 minutes, bread should be room temperature before slicing.





Cozy up with a hot drink and test your logic skills. Fill the grid so that each row, column, and 3×3 box contains the digits 1–9 with no repeats.

Difficulty: Medium

Tip: Start with rows/columns that already have more numbers!

		8	7		4		3	1
7			6			9		
					9	5	7	
1			9				6	7
				1				
2	8				6			3
	4	1	8					
		5			7			9
8	7		5		2	4		

		6		4				
			6					2
9		4			8			1
2	4		3		9	8	7	
	7			5			9	
	5	9	8		1		2	3
4			1			7		8
8					6			
				8		5		

	7	3		4	6	9		
		2			9	3		
		9					7	2
9					8			4
	2						3	
3			7					1
5	9					2		
		1	3			7		
		8	9	1		4	6	

3		2		6				
		1	2	5				
5			9	8	1		7	
		6						1
	2	7					3	5
1							7	
	4		1	2	8			6
				3	5	8		
				9		5		7

Trick
Treat

Halloween





TENANT GARDENS

Our tenants have been busy creating beautiful gardens full of flowers and veggies. Some of the plants featured here even started from our community seed planting day! Thank you for sharing your green thumbs and helping brighten our neighbourhoods.

**"Building Community, Sharing Resources,
Strengthening Connections."**



NATIONAL HOUSING DAY

Come Join us!

November 26, 2025

Parry Sound Social
Services

The Killbear Room
1 Beechwood Dr.
Parry Sound, ON

or

November 27, 2025

South River/Machar
Community Centre

1A Lincoln Avenue
South River, ON

1-3pm

- Meet community partners and learn about local programs
- Find helpful resources and supports
- Share, connect, and enjoy good company
- Free food and refreshments

