



Neighbours

Winter 2011

METCAP LIVING RESIDENTS' NEWSLETTER



Sure is Cold Out There! Make Sure You're Prepared

Here we are in the depths of winter, with a couple of months of cold weather ahead. The dark sets in early, which is good if you're a night owl or like long, romantic, candle-lit evenings. Others among us will look forward to longer days to come. Whatever your preferences may be, you should take some precautions to be ready for the cold and snow. For example:

For outdoor activities in cold weather, dress in layers in wind-resistant clothing. Keep your skin covered. If you get wet, go inside as soon as possible and remove the wet clothing. If you're shivering, then your body is losing heat; go get warm!

Remind children to be careful when playing outside: snow banks near parking lots and roads, for instance, are no place for tobogganing. Keep infants and older adults warm indoors; both lose body heat more quickly than other individuals.

If you use a space heater in your home, be sure that it meets safety standards. A faulty heater could release toxic fumes such as carbon monoxide.

Pack a safety kit in your car that includes a blanket, a candle and something to put it in, matches or a lighter, a flashlight, snacks and medical supplies.

Check the weather forecast and make your plans based on it when you can.

Happy New Year!

Whether you celebrate the new year that starts on January 1 or the Chinese new year that begins on February 3 (or one of the many other new years celebrated around the world), we wish you a happy one! We couldn't say it better than this: Gong Xi Fa Cai! (May you be happy, may you be wealthy!) In the Chinese calendar, we'll be entering the Year of the Rabbit, the 4,708th year since that calendar was started in 2697 BC.

MetCap Staff Praised for Caring Attitude

Happy residents are what we hope and work for at each and every MetCap building. The letter below shows that we're achieving that goal in Belleville, Ontario.

December 2, 2010

I wish to put on record how very pleased we are with Nancy and Mark Hanna as the new managers here at Parkwood in Belleville.

Everyone I speak to mentions how wonderful it is to have managers that are interested in the tenants and in the maintenance of the building.

I feel it is time to pass along compliments and mention how very happy we as tenants are and hope the Hannas will be with us for some time.

*From a very satisfied and happy tenant,
(Mrs.) M.A. Langewisch*

Winners of MetCap's Halloween Contests



Halloween is always a fun time at MetCap for those who participate in decorating and parties. Congratulations to these winners in the MetCap family:

Best attendance: 25 Parkway Forest

Best decorations: 25 Cougar Court

Honourable mentions:

704 Canboro, for having a barbecue and contest, and an overall fun time!

390 Dawes for incorporating a food-bank drive in its festivities.



Vesna and Joe Overdo It!

"Whoa, it's very hot in here," said Vesna as she entered the living room from the hallway. Joe agreed, but, unlike Vesna, he seemed happy about it. "I've been so cold all morning, so I've got everything cranked... and I'm finally almost warm," he said. "This last heater ought to do the job," he added, pointing to a heater he had just retrieved from the closet.

Vesna quickly studied the room and was dismayed to see Joe in a t-shirt and shorts, although he claimed to be so cold. On the couch, she saw the electric blanket from their bedroom and Joe's spot all set to allow him to bask in the warmth from a couple of heaters. "Joe, this is too much! Put some clothes on if you're cold!" As Joe

prepared to plug in the heater he had just brought in, Vesna went to the kitchen to make a pot of tea.

“Darn,” yelled Joe from the other room. “I’ve blown a fuse!”

“Well, I hate to say ‘I told you so,’ Joe, but I did tell you so,” replied Vesna. “Will you please sort this out right away? We need to watch our show in five minutes.”

“Okay, I’ll call the Resident Manager for help,” Joe said. “Joe, you can’t call for a blown fuse; that wouldn’t be fair. This is not an emergency,” Vesna answered. She reminded Joe that their fuses could be found in the top drawer in the kitchen, and returned to her tea-making preparations. Then, while Joe replaced the blown fuse, Vesna found him some cozy clothes and poured two cups of tea.

They reached the couch at the same time. Joe pushed aside the heaters and the blanket to make way for the two of them. As he pulled on his warm clothes, Joe told Vesna, “Okay, okay... you were right!”

“I sure like to hear you say that,” replied Vesna.

Don’t Know How to Change Fuses?

Be prepared in case you ever blow a fuse. If you don’t know how to change a blown fuse, ask your Resident Manager to show you how before you face a problem. Resident Managers are not responsible for replacing fuses in your suite.

Here We Grow Again



Welcome to new MetCap residents at 40 and 60 Tyndall Avenue, and 50 Driftwood Avenue, both in Toronto.

Good Neighbours

Recycling Reminders: Although it’s cold outside, your recyclables need to be dealt with as always. Please do not leave recyclables – or garbage – on the floor near the garbage chute. If you plan for it, you can easily make recycling part of your routine. For example, when you’re leaving the building to go to work, take your recyclables with you and drop them off on the way out. This way, you won’t have to make trips out just to recycle.

Using the After-Hours Emergency Line: As its name makes clear, the MetCap after-hours emergency line is intended for dealing with emergencies. Residents should consider it a last resort, to be used only when other possibilities have been exhausted and the situation demands a speedy response. A clogged sink, for example, is not an emergency. In a case like that, do what you can to deal with the problem: try plunging to remove the clog, pour hot water down the sink or use a chemical clog remover. If the clog remains, call your Resident Manager during office hours.

Here’s an important note: Be sure to give spare keys to your building and apartment to a nearby friend or trusted neighbour. Losing your keys is not an “emergency”; MetCap staff will not help you gain entry to your apartment outside of regular office hours.

Corporate Office Closures

MetCap’s head office will be closed on:
Family Day – Monday, February 21
Good Friday – Friday, April 22

Important Numbers:

Fire and Medical Emergencies 911
Resident Helpline 1.877.638.3371
Security 416.847.1177 (GTA only)
After-Hours Emergencies 416.340.0536 (GTA only)
(outside of the GTA) 1-866-511-0536



260 Richmond Street East,
Suite 300
Toronto, Ontario
M5A 1P4
Tel.: 416.340.1600
Fax: 416.340.1593

Winter Contest

How Do You Have Fun in Winter?

What do you do to get the most out of winter? Do you make snowmen or snow forts? Toboggan on the city’s best hills? Drink hot chocolate from a flask as you walk through a snow-filled park? Or, would you rather stay inside and play board games? We want to see how you spend your free time having fun during these cold months.

Send us a photo of yourself (and any friends or family you want to include) having fun doing your favourite winter activity. Submit your photo to your Resident Manager by 5:00 pm on February 25th, 2011. If yours is one of two of our judges’ favourite entries, you’ll win a Sport Chek gift card from MetCap. The winners will be announced in the next issue of Neighbours.