



NEIGHBOURS

MetCap Living Residents' Newsletter | Summer 2006

Defeat The Heat

Any time the air gets humid and hot this summer, reach for a cool drink and reminisce about dodging snowbanks just ten weeks ago! Recognizing that this warm weather too shall pass, we offer these helpful suggestions for getting on with your summer fun, regardless of the heat.

To keep the inside air inside your suite cool, close your doors and windows during the day. Open them in the evening to let cool air in.

Close your blinds and curtains during the day, to limit the direct sunlight coming through your windows. Drapes in white or pale colours will reflect heat, dark coloured fabrics will attract heat. Use your fans to **push warm air out** an open door or window during the day, and turn the fan into the room **to draw in** and circulate cool air in the evening.

For your own safety and in accordance with the Fire Code, please leave your suite entrance door closed at all times. Open your balcony door or windows for increased air flow.

For a quick cool-down any time, run your inner wrists under cold water. Take a cool shower. Wet your hair to keep your head cool.

Hydrate, Hydrate, Hydrate. The average adult requires six to eight glasses of water a day. On a warm day that quantity doubles to twelve glasses of water per day, to sustain an average level of activity.

Avoid direct sunlight between noon and four.

Choose a hat that protects your neck. Sunglasses and sunscreen are essential for prolonged activities outdoors.

An electric outdoor grill on your balcony is an excellent way to take the cooking, and therefore the heat, outdoors! Residents are reminded that Fire Code makes it illegal to transport propane barbecue tanks through our buildings.

Swimming pools will officially open for residents' use on June 30th



Spring Contest Drew Some Amazing Talent

A total of 99 MetCap children submitted entries to the Spring Colouring Contest, by far the largest response we have ever had to any newsletter contest! Congratulations to all of the artists of Spring. You gave our judges a difficult task of choosing just one entry in each age group.



Gloria Wu from 125 Bamburgh Circle took first prize out of 38 entries in the 4 to 7 age group. Her colourful crayon drawing of an outdoor garden, complete with sparkle-winged butterflies, has earned her a brand new bicycle!



Congratulations go next to Jerry Wang, from 65 Forest Manor Road, who took first prize out of 44 entries in the 8 to 11 age group. This pencil crayon rendering of his favourite lakeside activities, from fishing to boating was so full of activity, the judges

needed a rest afterwards! Enjoy your new wheels!

And last but certainly not least, in the age 12 to 16 category, the winner out of 17 entries was Davoud Motahar Zadeh from 15 Tangreen Court, for a stunningly illustrated oil pastel park scene portraying Cherry blossoms in such contrast that they jumped off the page. All of the judges were in total agreement that this illustration was a clear winner.



Win a pair of Season Passes to Paramount Canada's Wonderland!

Calling all youth and teen writers in residence!

men'tor: noun, [<Gk.> a wise and faithful friend, advisor or teacher.



If you could have anyone in the world as your mentor, who would you choose? Tell us who, and why you chose them in 200 to 400 well-chosen words, and you and a friend could be enjoying Wonderland all summer long! There are three age groups for written entries, 11-13, 14-16, and 17 to 19. Proofread your entry twice, to ensure it gets past the spelling and grammar judges.

Contest Entry Deadline: July 8th. Winners will be notified by telephone by July 15th.

Vesna & Joe Keep Their Cool

"Well, the plants may love this southern exposure, Vesna, but it's suddenly roasting in here. I feel like a potato in an oven" chirped Joe.

"Right you are" agreed Vesna, "summer has come on quickly!"

"I had better get the air conditioner for that window that opens onto the balcony" offered Joe, "before it gets too hot to want to do the work!" And off into their storage locker Joe went, to retrieve the air conditioner for the balcony window.

Vesna carefully removed the window screen, and stored it where it would be safe and clean, so they could replace it in the fall. She was just thinking that Joe had been gone for what seemed a long time, when he came whistling through the front door. "This will certainly keep our living room cool" puffed Joe, as he manoeuvred the air conditioner into the window opening and braced it securely. He drew the side curtains on the unit to seal the opening tight.

"We can keep the bedroom doors open to let some cool air in" said Vesna helpfully. "We can't put air conditioners in those windows because there is nothing with which to brace them properly!"

"That is true, very unfair to folks passing below!" mused Joe, a mischievous grin alighting on his face. "But I have a surprise for you! Close your eyes" said Joe, leading her towards the bedroom.

Vesna detected a quiet hum and as she stretched her hands out she felt a cool breeze at her fingertips. Her eyes snapped open "Oh Joe, a portable air conditioner. That was a smart choice!" she exclaimed. "Now we can keep our cool, whatever room we are in!"

"Not only that" Joe pointed out, "it's whisper quiet, and at 6000 BTU's it is enough to cool a 400 square foot room!"

"We can use it anywhere" Vesna agreed, "and it has a pre-set thermostat so we can save electricity."

"Best of all," Joe finished, "I don't have to lug it around, or lift it into a window!"

Like Links In A Chain, We Are All Connected....

I have been a resident of Parkway Forest for over four years. Last month I was returning home when I accidentally dropped a precious gold chain in our outer lobby. I didn't realize that I had lost the 30th birthday gift from my husband until reached my apartment. I re-traced my steps back to lobby but there was no gold chain to be seen anywhere.

At the suggestion of my parents, I contacted our Building Manager, Mihela. Even though it was 8:30 in the evening, she was very understanding when I explained what had happened, and she said she would keep an eye out for my chain on her rounds. No more than 30 minutes later, Mihela called me down to her office. She had reviewed the entrance video and seen a lady enter the building, stooping to pick up my chain as she came in! Sadly, neither of us recognized the lady or the small child that accompanied her. Mihela re-assured me one more time. "Don't worry," she said, "we will find your chain."

The very next morning, the lady who had picked up my chain went to Mihela's office and asked if anyone had reported a lost piece of jewellery. Mihela recognized her immediately, and shared my story with her. Words fail to describe how I felt when Mihela returned my chain to me that morning! This incident made me realize that our building staff are not just here to collect rent cheques and do maintenance. They are wonderful human beings, just like us, whom we can rely on in situations like this. Mihela's care and her voluntary involvement make me proud to have a fantastic lady like her watching out for us.

- S. Sunder, 110 Parkway Forest

MetCap Neighbourhoods Expand!

Welcome residents at The Dorchester, located at 2545 Lauzon Road, in the heart of downtown Windsor and at 3207 Kingston Road at McCowan in Toronto and at 90 Jameson Ave. in Parkdale.

Apartment hunters may now view a selection of over 10,000 suites in 50 locations across Ontario, in one easy visit to www.metcap.com.

Back By Popular Demand!

MetCap Living's Choose Your Neighbour resident referral campaign has been extended to August 31st, 2006. Any resident referring a friend, co-worker or family member to a MetCap building will receive a \$200 referral bonus.

MetCap Memos:

Doggie Do's and Dont's

Certain canine courtesies make for cleaner neighbourhoods we can all enjoy!

All dogs must wear their leashes inside the building and while on MetCap properties. Please keep four paws on the ground at all times, including around lobby furniture or laundry machines.

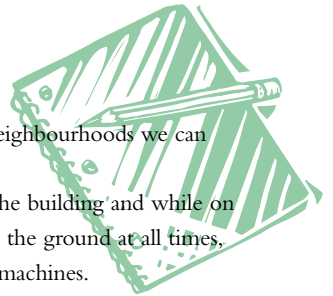
To avoid indoor accidents, walk your dog frequently. Have a neighbour walk your dog if you are away all day, or buddy up and share walks or alternate walking days.

Please clean up any accidental messes in the hallways, lobbies or elevators immediately.

Please stoop and scoop after your dog when walking on the grounds. Bags may be disposed of in the garbage bin outside the lobby.

Important Numbers:

Fire and Medical Emergencies	911
Resident's HelpLine	1.877.638.2271
Parking	416.644.0333
Security	416.847.1177
After Hours Emergencies	416.340.0536



www.metcap.com
Resident Helpline:
1-877-METCAP-1 (1-877-638-2271)



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Win a pair of Season Passes to Paramount Canada's Wonderland!

Name	Age
Building Address	Suite #

Submit your stories to your Building Manager by July 7th. Winners will be notified July 15th by telephone.