



NEIGHBOURS

MetCap Living Residents' Newsletter | Winter 2006

Weathering Winter With A Grin

With Jack Frost lurking just behind these autumn winds, and Old Man Winter not far behind, we share these winter wisdoms, gathered over the years from other MetCap residents just like you! These are smart, simple solutions that will get you and your family prepared to get the most out of the snowy season. Remember, this winter, too, shall pass!

Go outside and play! A daily dose of natural light is essential to human health. If you dress for the weather, you can ignore the desire to huddle into your shell like a turtle to fend off the cold! A simple cotton undershirt disappears under winter clothing, and the added layer snug to your skin will help your body retain its heat! And while long underwear is not exactly sexy, snowboarders and skaters tell us it helps you stay outdoors much longer! Strive for a minimum of three layers of clothing, from undershirt to sweater to windproof winter jacket. Wearing natural fibres next to your body in winter can absorb the perspiration that causes you to catch a chill.

From Head To Toe Experts generally agree that 30% to 50% of our heat loss occurs through the head and neck area. Winter hats in a variety of styles can express your personality while trapping valuable heat near the brain, where it is needed! As the sun reflects very brightly off winter-whitened surfaces, remember sunglasses to protect your eyes outdoors. Mittens that keep the fingers together are warmer than gloves, which separate your fingers and increase the area of heat loss. Last but certainly not least, when it comes to preventing cold feet, high and dry is best! Purchase some thick-soled winter footwear with good ankle support, a deep grooved tread, and waterproof construction. This way, your footing will always be stable on slippery surfaces, and the soles of your feet will be raised high off the ground for extra insulation from the cold!

Let the sun shine in! On sunny days, be sure to open your drapes to attract the radiant heat into your suite. Use thicker curtains to help hold the heat in at night, and to help keep the drafts out. Make sure that wall and floor heaters have ample room around them for air flow, and are not blocked by big pieces of furniture.

Sock it to winter! Remember, the further the soles of your feet are off the floor, the warmer your entire body will be! Treat yourself (or someone you love!) to a new pair of slippers and some thick cotton socks this winter!

We Speak Your Language and 29 others!

If you prefer to make rental inquiries or ask questions about MetCap procedures in a language other than English, we encourage you to email us at wespeakyourlanguage@metcap.com. Remember to include your name, telephone number, and language spoken, so we can address your needs in your native tongue! Assistance is available in

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|-----------|-----------|------------|----------|------------|
| ALBANIAN | FRENCH | ITALIAN | PUNJABI | TAGALOG |
| ARABIC | GREEK | LATVIAN | ROMANIAN | TAIWANESE |
| ARMENIAN | HAKKANESE | MACEDONIAN | RUSSIAN | UKRANIAN |
| BENGALI | HEBREW | MANDARIN | SINGHALA | URDU |
| BULGARIAN | HINDI | POLISH | SOMALIAN | VIETNAMESE |
| CANTONESE | HUNGARIAN | PORTUGUESE | SPANISH | YIDDISH |

Best Decorated Lobby

Residents and staff at 2265 Victoria Park outdid themselves in dressing their lobby for Hallowe'en, taking this year's prize for MetCap's Best Decorated Lobby. Residents appeared in some truly creative homemade costumes, and from spiders to pirates and tombstones to Zombies, they had it tricked out in a visual treat for all to enjoy! The participation from residents was so successful, they even extended their decorations outdoors to the walkways!



Thanks to all MetCap residents who decorated for, and treated MetCap youngsters to, a safe, successful Hallowe'en!

Win one of four fabulous winter gear prizes, like snowboards, skates or sleds, valued at \$200 each!



We're inviting all MetCap children between the ages of 4 and 15 years old to draw a picture of their favourite winter activity, write their own reasons why it is their favourite, and submit their entry to our Winter Colouring Contest! Simply write their full name, age, address and suite # on the back of the entry, and hand it in to your Building Manager by Monday January 15th! Drawings will be judged on their originality and colour. The winners will be featured in our Spring newsletter.

Don't get left out in the cold! Winter Colouring Contest Deadline: January 15th, 2007

Vesna & Joe Get Cooking

“Our guests will be arriving in an hour Vesna” said Joe, peering curiously from the kitchen doorway. “The table is all set, just the way we like it! It sure smells good in here” he said, edging up to the stove in anticipation. Joe lifted the lid of three simmering pots, one after the other, releasing a buffet of aromas that made his tummy rumble.

“ I know that all of this work will be worth it” mused Vesna.

“It looked so much easier when I watched my mother cook a big family meal. I’ve not stopped perspiring since I started!” she quipped.

“Well, if we open the apartment door, these delicious, tempting smells will fill the hallway” mused Joe,” and we’ll have more dinner guests than we have places to sit!” smirked Joe.

“Quite true” mused Vesna, “and it is a Fire Hazard to leave our suite door open” she added.

“I read somewhere that it’s a fire-rated door” Joe agreed. “I suppose it’s there for our protection, in a way. Nonetheless, Vesna, you are right! This great bake off you have underway has turned the place into a sauna!” Joe agreed sympathetically.

“Well Joe, if you can’t stand the heat, get out of my kitchen” Vesna quipped, “and open up the balcony door to let some fresh air in, or I will be serving up this wintery feast in my shorts!”

MetCap Neighbourhoods Keep Expanding!

We welcome two new sites to MetCap Living, and hearty hello to our expanded communities of residents!

For those who like low rise living, 5 Lynvalley Crescent at Lawrence and Victoria Park offers 92 suites on 5 floors, and is just a five minute walk to major malls, within easy reach of the TTC.

Choose from 264 units on 17 floors at 80 Mornelle Court! Located at Ellesmere & Morningside, the tower is walking distance to Centennial College, the Scarborough Campus of the University of Toronto, and the Rouge Valley Centenary Hospital. Living one block south of the 401 allows quick access for your commute, and the building features a Convenience Store as well!

MetCap now manages 11,847 suites in 59 great locations. So if you are planning a move, or know someone who is, you will find a wide range of apartments from across Southern Ontario to choose from, at www.metcap.com.

MetCap Memos:

Residents are reminded that for your own protection, you are required to complete a Maintenance Request form for any and all concerns that require your Building Manager’s attention. This includes requests for buzzer codes, parking and laundry cards and in-suite maintenance visits. If you don’t have time to drop in during Office Hours, you can find the form on line at www.metcap.com, under Resident Assistance. Remember to print a copy for your own records, as well as a copy to leave with the Building Manager.

Please ensure that entrance doors close behind you as you come and go this winter, so that the wind doesn’t catch them and blow them open again!

If you notice slippery walkways or ice build up near entrances or in the underground parking lot this winter, please, for the comfort and safety of all residents, report it to your Building Manager immediately, so that it can be addressed in a timely manner. Thank you!

Kindly observe recycling procedures in your building. Pizza boxes and other cardboard boxes will block garbage chutes. Please leave them in the large, designated recycling bins in your building. Bottles and cans can be recycled too, once you have rinsed away all traces of solid food to deter pests! Rinsing out the recycling bins in your suite with a drop of antibacterial dish soap is an easy way to avoid unpleasant odours. The bathtub is a handy place to do this!

MetCap Living’s Head Office will be closed Christmas Day, Boxing Day and New Year’s Day. Our rental offices will be closed Christmas Day only. At all MetCap locations, Building Managers will be observing their usual hours!

Head Office will observe the following hours for the Holiday Season:

Friday December 22nd – 9 am to noon

December 25th & 26th – closed

Friday December 29th, 2006 – 9 am to noon

Monday January 1st , 2007 – closed

Important Numbers:

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| Fire and Medical Emergencies | 911 |
| Resident’s HelpLine | 1.877.638.2271 |
| Security | 416.847.1177 |
| After Hours Emergencies | 416.340.0536 |

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



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

Winter Gear Contest!

| | |
|------------------|---------|
| Name | Age |
| Building Address | Suite # |
| Telephone Number | |

Submit your drawing to your Building Manager by January 15th, 2007