



NEIGHBOURS

MetCap Living Residents' Newsletter | Winter 2005

Helpful Hints For A Happy Highrise Holiday

Did you know that unattended burning candles have overtaken cigarettes as the leading cause of household fires in Toronto? As the tree decorating season approaches, we offer a few friendly reminders to keep your home, and your loved ones, safe during this festive season.

Before you install your holiday lights, inspect the wires to make sure they are in good condition and free of cracks or splits. **DO NOT** light your Christmas tree with real candles. Remember to turn your tree lights off and extinguish all candles in the apartment before you retire for the evening. And if you haven't already done so, now is the time to test your smoke alarm and refresh the batteries!

Wrapping papers are usually recyclable and should be added to the blue bin for paper in your building.

While artificial trees offer the optimum in family safety, some people do insist on the real thing. To dispose of real Christmas trees, please bag them before removing them from your apartment. The simplest way to do this is to bag the tree outdoors when you buy it, while it is still green! Simply push the trunk through the sealed end of the garbage bag, and slide the bag up the tree to bring it inside. Once inside, roll the bag back down the branches until it makes a collar at the bottom of the tree. Leave the bag in place and decorate around it, for easy removal after Christmas! The City of Toronto picks up all trees for chipping and composting, so please use the drop area designated by your Building Manager.

Keep your calls coming...

Thanks to all residents who cared enough to call the Resident's HelpLine to share their concerns with elevators and service delays. In response to all of your input, MetCap has contracted a new elevator service company and we genuinely hope you are experiencing an increase in the level of service, and a dramatic reduction in elevator delays.

We are deeply grateful to everyone who took the time call, and we encourage all MetCap residents to continue to use the Resident's HelpLine at **1-877-638-2271** to bring important matters to our attention. As residents, you see more closely what is happening in your building and your neighbourhood each and every day, so your input is essential to the continued strength of our MetCap communities. Thank you for caring.



Warm, Bright Winter Nights

As apartment residents, many people wonder how they can contribute to the environmental and energy conservation causes that our communities embrace. Keeping our heat, electricity and hot water usage in check keeps your rent down and it's healthier for the environment. While apartment living can present some interesting challenges, there are little things that you can do which all add up to 'doing your part'.

- With darkness settling in earlier this season, we rely on more lighting to lengthen our day. Choose the right lighting for your needs, and remember to turn lights off when you leave a room.
- Adding task lighting over a desk or a favorite reading chair is easier on your eyes than overhead lighting placed further away.
- Lamps positioned in corners will actually add more light by reflecting off both walls.
- While they are initially more expensive to purchase, fluorescent light bulbs last up to ten times a longer than regular light bulbs. They are perfect for areas where lights will remain on for a long time. A 15 watt compact fluorescent bulb uses seventy percent less electricity and produces the same amount of light as a 60 watt incandescent bulb. Now there's a bright idea!
- Cozy sweaters, warm socks and comfy slippers are a big part of winter in Canada! For those who celebrate Christmas, add these to your shopping list for the ones you love. What better way to share the warmth this holiday season?
- Remember to move your furniture away from any heating ducts and vents, to allow for proper heat circulation.
- Installing blinds or drapes will create an air pocket between a window and the room, to add insulation. Foil and newspaper window coverings do not create an insulating barrier and make your building look unsightly from the street!
- Breezes around doors can be reduced by installing new weather stripping. Plastic window sealer kits, available at your local hardware store, are a great way to minimize drafts around windows.
- Adding occasional carpets, floor runners and area rugs is an excellent way to keep your feet warm.
- A dripping hot water tap is money down the drain! As taps are used often, leaky tap washers are a normal part of daily wear and tear and must be replaced. If you have a tap that doesn't fully turn off, simply complete a Maintenance Request Form and leave it with your Building Manager. It would be our pleasure to get rid of those annoying drips!

Winter Contest: Best Decorated Balcony

WIN A Digital Camera!

Do you know someone who is going all out to decorate their balcony this holiday? Is it you? Consider entering a ballot for the Best Decorated Balcony Contest! Simply submit your photographs of festively-dressed balconies to your **Building Manager by Friday January 6th**, and watch the Spring Newsletter for the winners! Balconies will be judged on originality, creativity and themes, so make sure your photographs are nice, brightly-lit close-ups.

Nominee Name	Building Address	Suite #	Tel #
--------------	------------------	---------	-------

Vesna and Joe Have To Go...

“ I just don’t understand it Vesna” grumbled Joe. “We do every blessed thing right. We keep food in plastic containers that seal. We sweep around behind and under the fridge and stove, and we clean up kitchen crumbs and grease. We don’t keep a single cardboard storage box in the place. Why is there a Notice of Entry for Pest Control in our door?”

“Well Joe, when MetCap sends in a service, it’s not just because of our suite. They will be spraying a full block of suites, to be thorough. That’s all” assured Vesna.

“Will that junk they use mess with my allergies? Or our lovely dog? I will refuse to let them in, I will!” threatened Joe.

“Now I’ve already spoken to the Building Manager, Joe. They will be using a chemical compound in spray form instead of a gel. It goes further, it dissipates faster. And, it bears no harm to domestic animals, husbands or other humans. Your allergies will be just fine” she smirked.

“Well, how long do we have to be away?” Joe inquired. “Maybe we could take a trip downtown for the day” he suggested thoughtfully.

Vesna smiled quietly, watching Joe make his peace with the idea of a minor interruption in their apartment life.

“Well, the notice says they are coming in 48 hours, so that’s the day after tomorrow. And we will need to be away for at least four hours, but 24 hours at most. We could always see if Manuela and Ricardo are up for overnight guests” Vesna offered helpfully.

Neighbourly Safety

With evenings getting dark so early this winter, parents are reminded to add some reflective tape or labels to their childrens’ jackets, boots and backpacks. This makes it easier to see them in the dark, and to keep a neighbourly eye out for them on the building grounds while they are playing after school.

The Key To Security and Peaceful Living

Numerous MetCap residents and employees all agree that it is absolutely un-neighbourly to stand in the lobby at midnight and randomly dial any access code until you are let in to the building. The only way to deter this behaviour with any certainty is to stop letting the intrusive callers in. It is therefore suggested that all MetCap residents band together and **agree not to let in any visitor that they are not expecting!** It’s that simple!

Parents, if you do arrive home after your children, please ensure that they have a key and are able to use it, thus leaving their fellow residents undisturbed. Any resident who is prone to losing their apartment keys while they are out, might wish to leave a set with a neighbour who agrees to be their back-up plan.

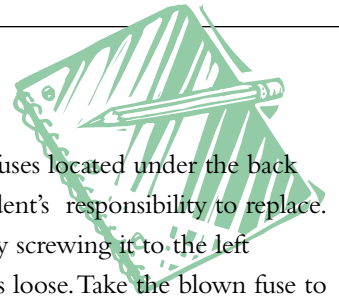
Take the Worry out of Winter

Winter parking is a challenge to all members of an apartment community, even people without cars. Illegally and improperly parked cars present a significant obstacle to sidewalk and road clearing around our buildings. Please remember that MetCap buildings provide parking spots, to protect your car from sliding vehicles and snow plows on the road. A Visitor’s Pass is just a phone call away at **416.644.0333**. Please, park safely, for everyone’s benefit.



And finally, as a MetCap resident, you don’t have to cut grass in the summer, and you don’t have to shovel snow in winter, but it is every neighbour’s job to pitch in year round! Please continue to use the bins provided to keep your building grounds, hallways, elevators and chute rooms free of litter and debris.

MetCap Memos:



Are Fuses Confusing? The fuses located under the back ledge of your stove are each resident’s responsibility to replace. Simply remove the blown fuse by screwing it to the left (counterclockwise) until it comes loose. Take the blown fuse to the hardware store with you, so you get the correct replacement fuse. (Apartment fuses are usually 15 amps, stove fuses are 30 amps.) Screw the new fuse into the socket, to the right (clockwise). Applaud yourself accordingly.

Stray Suds! Residents who use their own dishwashers and clothing washers place all residents in peril. Toronto’s early vintage apartments are not equipped to handle these modern appliances in your suite. Aggressive drainage pumps on them cause soap suds and dirty water to back up into the drains in neighbouring suites. Sudden demands for hot water can dramatically alter water temperature for all residents in the surrounding block of apartments. So, please, be considerate! Use the laundry facilities provided in accordance with building code and installed specifically to handle these peak water and drainage demands.

Parking Note: To give up a parking spot when residing in the building, you are required to provide 60 days notice, in writing, in accordance with the Tenant Protection Act. These regulations are outlined in your Welcome Package. If you don’t have your Welcome Package, simply ask your Building Manager for one!

Important Numbers:

Fire and Medical Emergencies	911
Parking Enforcement	416.644.0333
Security	416.847.1177
After Hours Emergencies	416.340.0536
Resident’s HelpLine	1.877.638.2271 (1-877-METCAP1)

In the Autumn Newsletter Contest we received over 30 excellent ideas for improving the content and look of next year’s newsletter! Thanks to input from our residents, in our Spring Issue, we will be introducing riddles, remedies, recipes and time savers to enhance apartment living for all MetCap residents. For everyone’s reading pleasure, we encourage all residents to continue sending their suggestions to newsletter@metcap.com.

Congratulations
to our I-Pod winner Thomas Tykoukal at
191 Sherbourne Street

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