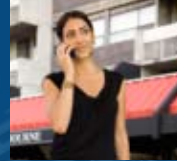




Neighbours

Autumn 2007

METCAP LIVING RESIDENTS' NEWSLETTER



MetCap Building Manager Saves Baby's Life

MetCap's Kanerjeta Gjini, Building Manager at 3315 Fieldgate Drive in Mississauga, followed up an ordinary day at work by saving a life.

On a recent evening, around 9:00 pm, the building's Fleming family had a crisis: their one-year-old child suddenly stopped breathing. Kanerjeta heard the screams of the baby's distressed mother from her apartment, and rushed to the family's aid.



Putting her life-saving training to use, Kanerjeta checked the baby's pulse, then blocked its nose to monitor movement of its tiny chest. Noting that the baby was beginning to turn blue from

The Fleming family with Building Manager Kanerjeta Gjini

lack of oxygen, Kanerjeta began to apply cardiopulmonary resuscitation (better known by its acronym, CPR), forcing air into its lungs to stimulate breathing. Although the baby breathed briefly on its own, it stopped again after a short time. Kanerjeta again set to work with CPR treatment, the frantic family looking on. When an ambulance arrived shortly afterwards, the baby was breathing. Kanerjeta had saved its life!

Paramedics administered oxygen and took the baby to a nearby hospital, where it was monitored and later released. The baby is doing well, having recovered from its ordeal. With luck, the whole incident has faded from its memory.

Kanerjeta, on the other hand, has vivid memories of that evening. After her life-saving experience, she was too charged to sleep; the scenario played repeatedly in her mind. She is now obviously glad that she received CPR training...and hopes to never again have to implement it!

Most MetCap Living Building Managers are trained in life-saving techniques and are always ready to respond in emergencies. In the case of a life-threatening emergency, always call 911 first, before you go out and seek help.

Summer Word-search Contest Winners

Winners of the word-search contest in the last issue of *Neighbours* were Anna Blinovskaya, of 4190 Bathurst Street, and Marsida Kastrati, of 3110 Yonge Street. Both residents received four Toronto CityPass tickets. We hope they each enjoyed a fun week with family or friends, vacationing right here in Toronto.

Vesna and Joe Have Parking Costs...Without a Car!

Having just sold their car, Joe and Vesna were travelling home on the bus. They had agreed some weeks ago that they really didn't need a car anymore, and had just completed the sale. With a sizeable cheque in Vesna's purse, they were feeling rather good on that journey home; they had both made and expected to save plenty of money. Each of them was thinking of pleasurable – and quite different – ways to spend their newfound funds.

Suddenly, Vesna had a thought that punctured her amusing contemplation of vacations. "Joe, what about parking at the building? Did you cancel our spot?" Having to pull himself away from his reverie about a big-screen TV and surround sound, Joe replied: "Never even thought of it."

Both Vesna and Joe felt a little sheepish. In the last few weeks, as they'd contemplated selling the car and spending some of their proceeds, neither had given any thought to their obligation to cancel their parking spot at home. "I don't even know what we have to do," said Vesna to Joe. "Do you?" They were both clueless about the process.

When they arrived home, Vesna sought out the Building Manager to get the information they needed. She was sorry to hear the news: they'd have to continue to pay for their parking spot until they had, in effect, given full notice of their cancellation.

Back in their apartment, Vesna said, "Joe, we're pretty dumb! Thinking of money we'd be saving, we were too busy to remember the money we spend." Joe agreed. "We should have put ourselves in idle for a while to think. Look where revving ahead got us"!

Cancelling Your Parking Spot

Complete and sign a parking-cancellation form, and submit it along with a letter indicating the cancellation of your parking spot, providing a minimum of

HALLOWEEN TRIVIA CONTEST

1. The 'Headless Horseman' is a character in what famous story? _____
2. What steakhouse located in downtown Toronto is widely believed to be in a haunted mansion? _____
3. Who should check your Halloween candy before you eat it?
 - a) your parents
 - b) your pet dog
 - c) your best friend
4. The following line comes from a famous Shakespeare play. Please fill in the blanks. "Double, double _____ and _____; Fire burn, and _____ bubble."
5. From which Shakespeare play is this line taken? _____
6. Fill in the missing letters to name a popular Halloween song/dance: M _ _ _ _ _ M _ _ _ _
7. Casper is a friendly what? _____
8. On what day of the week does Halloween fall this year? _____

Submit correct answers to the following Halloween questions to be eligible to win a Family Cosmic Bowling Night for six.

Four names will be drawn from among the correct entries. Winners will enjoy a Family Cosmic Bowling Night: two hours of cosmic bowling fun for up to six players (shoes included), with a large pizza and a jug of pop.

Submit your answers to your Building Manager by October 31, using the form overleaf.

The winner will be named in our Winter 2008 Neighbours newsletter.



60 days' notice. The termination date will be the last day of any given month, so the notice must be given, at the latest, on the first day of the preceding month.

Return your parking-access card and sticker by the last day of the month in which your parking-space use is to end. If you do not return your card, you will be charged a \$25 replacement fee.

Here We Grow Again

The growing keeps on going! MetCap is pleased to welcome residents in the following buildings into the fold:

- 1 186 Church Street East – 84 suites**
Location: Kennedy Road North and Queen Street East, Brampton
- 2 525 St. Lawrence Street – 62 suites**
Location: Simcoe Street South and Highway 401, Oshawa
- 3 90 Tyndall Avenue – 120 suites**
Location: Dufferin Street and King Street West, Toronto

MetCap Memo

Having a Flu Shot Could Save You from Weeks of Illness

If you get the flu this winter, expect the fever, muscle aches, headache and sore throat to last up to seven days. Worse, you could have a cough and weakness for up to six weeks. In the worst case, you could even be one of the more than 1,500 Canadians who are expected to die this year from the flu. The elderly (over 65), the very young (under two) and people with serious existing medical conditions are among those most at risk when the flu strikes.

Having a flu shot each year protects you against the types of flu that are most prevalent at the time. Your immunity will wear off after about six months – and strains of flu that are circulating change – so an annual shot is recommended. Because it will take your body about two weeks to develop immunity to the types of flu in the vaccine, you should get your flu shot between October and mid-November to ensure that you're protected when flu season hits in December.

With a few exceptions, everyone six months of age or older is advised to get a shot. If you had a reaction to a previous flu shot, talk to your doctor before you have this year's. If you have a fever, wait until you've completely recovered to have your shot. And, if you have an allergy to eggs, thimerosal, neomycin or gelatin, do not get the vaccine.

You can get a free flu shot from your doctor or at a walk-in medical clinic. The shot is very safe; it cannot give you the flu because it does not contain live flu virus. For a couple of days, you might experience some pain in the area where you received the needle, or feel tired, have muscle aches or a low-grade fever. If you experience other symptoms, seek medical attention.

If you are unlucky enough to get the flu, get plenty of rest. Drink lots of water and juice. And, stay away from children, elderly people or anyone with a serious illness, so they don't catch the flu from you.

This information comes from the Toronto Public Health website, at www.toronto.ca/health/flu.



Don't Forget to Turn Your Clocks Back

We return to Eastern Standard Time at 2:00 a.m. on Sunday, November 4. Turn your clocks back and enjoy an extra hour of sleep!

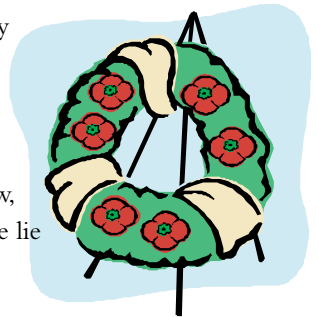
Remembrance Day - Sunday, November 11

For those of you who know only the first line or two of this famous poem, we present "In Flanders Fields," written by Canadian physician and Lieutenant Colonel John McCrae on May 3, 1915.

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



Remembrance Day commemorates Canadians who died in the First and Second World Wars, and the Korean War.

Important Numbers:

Fire and Medical Emergencies	911
Resident 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)



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Tel: 416.340.1600 Fax: 416.340.1593

HALLOWEEN TRIVIA CONTEST *Entry Form*

Name	Age
Building Address	Suite #
Telephone Number	

Submit your answers to your Building Manager by October 31. Correct submissions will be entered in a draw for four prizes of a Family Cosmic Bowling Night.