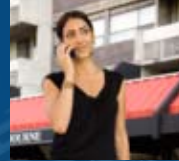




Neighbours

Spring 2008

METCAP LIVING RESIDENTS' NEWSLETTER



Spring Returns... At Last!

Unless you're a diehard fan of winter, you were probably glad to see the return of spring this year, after the long and snow-filled winter we had. Spring is welcome to many people; it signals a fresh start, and it just makes you feel good, friendlier maybe, more positive, too.

Shedding the heavy winter outerwear in favour of shoes and a light jacket allows you to walk out the door without first bundling up in scarf, gloves, hat, boots and coat; what a wonderful feeling! Walking outside to the sound of birds chirping and calling is another of spring's delights. After a few weeks, you might not notice the sound anymore, but you'll usually hear the first bird songs of spring with a sense of joy.

Trees and flowers will be in bud before long, and MetCap's gardeners will be on site to ensure that beds and lawns are tidy, ready to serve as a backdrop for the colours of spring. Enjoy!

Building Managers who "Rise" to the Occasion!

Robert and Tamara Hornby, Building Managers at 1360 Danforth Road, recently demonstrated the neighbourliness that makes living in a MetCap property such a positive experience. When the building's elevators were out of service, they were quick to offer help to tenants in the building who cannot use the stairs.

To ensure that an 11-year-old child in a wheelchair didn't miss school, Tamara and Rob carried the child and the chair from the 15th floor to the lobby. They also carried a 7-year-old from the building's basement to his apartment on the 14th floor, taking turns on the way up.

While Rob and Tamara are employed to help residents in the building, they likely never thought they'd be carrying people up and down stairs...and they're not required to. But, to Rob and Tamara, the building is home and other residents are neighbours; they went out of their way, as good neighbours do, to help when they saw a need.

MetCap Gives Back!

Residents and staff at 10 Macey Avenue, near Victoria Park and Danforth Avenue, together with MetCap Living management, donated \$2,000 on February 28 to the International Relief Fund for the Afflicted and Needy (IRFAN-Canada). The large Bangladeshi community at 10 Macey helped in raising the funds to support those affected by cyclones and floods that hit Bangladesh in late 2007.

We hope this money will help to relieve, for even just a few people, the suffering still being experienced in this devastated area.



\$2000.00 donation to the International Relief Fund for the Afflicted and Needy. Location: 10 Macey Ave.

Winter "Don't Forget the Chorus" Contest Winners

Winners of the song contest in our Winter issue were Abir Howera of 392 Sherbourne Street and Nancy Weir of 4190 Bathurst Street. Congratulations to Abir and Nancy for completing a difficult assignment! Each will receive an Apple® iPod® nano.

FOR KIDS ONLY: THE MAKE-A-POSTER CONTEST

Canada Day – a celebration of Canada's confederation in 1867 – falls on July 1, and this year marks our 141st birthday! Show what it means to you to be a Canadian. Put your artistic skills and imagination to use in MetCap's make-a-poster contest. Draw, colour, paint, cut-and-paste, do a collage...express your creativity in a Canada Day poster (on 8-1/2" x 11" paper), then enter it in our contest. If your poster is chosen as the winner, you'll get a brand-new bicycle and helmet, and your poster will be copied and displayed on the notice boards of all MetCap buildings.

Posters will be judged in two categories: for children aged four to eight years old, and for children nine to 12. Two bicycle and helmet packages are to be awarded, one for each age group, for the most creative posters. (Winners will be required to meet a MetCap representative at a convenient bicycle store to be properly fitted for a helmet. MetCap will pay a maximum of \$250, after taxes, for the bicycle and helmet package.)

See over for entry form.

Vesna and Joe Play It Safe

Rarely do Vesna and Joe agree on things. Vacation destinations, movies, recreational pursuits, decorating...decisions don't come easily to this pair. So, the day that Vesna said they should call their Building Manager to get window locks installed was a memorable day. You see, Joe agreed. Although the locks were an obvious necessity to her, Vesna had still expected an argument from Joe. To her surprise, she found that she was disappointed when none came.

Joe's brother would be visiting soon, along with his wife and four-year-old daughter. Childproofing the windows in their apartment became a priority the day Joe and Vesna got that news.

Always glad to have a reason to chat on the phone, Vesna called the Building Manager to discuss their need, and was pleased to discover that the installation could be done well before the visit. All residents in the building, it turned out, were to have safety locks installed; they were no longer an option. Knowing Vesna's fondness for conversation, the Building Manager explained that suite inspections would soon take place to determine where windows were missing safety locks, and installations would follow shortly after. Even if residents would prefer not to have the locks, they'd be required to have them; removing them, they'd be responsible for any resulting accident.

Later, Vesna shook her head with disbelief. "Why," she said to Joe, "would anyone remove the locks? That's a crazy thing to do!" That's when Joe surprised her again. "I agree, Vesna," he said. "Will you say that again in a second, Joe? I'm going to get the video camera!"

Here We Grow Again

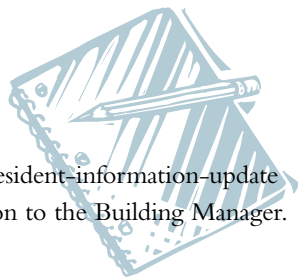
New residents at the following properties are welcomed to the MetCap family.

- 1 115 Tyndall Avenue – 108 suites**
Location: King Street West and Dufferin Street, Toronto
- 2 135 Tyndall Avenue – 215 suites**
Location: King Street West and Dufferin Street, Toronto
- 3 1616 Ouellette Avenue – 121 suites**
Location: Tecumseh Road West and Ouellette Avenue, Windsor

MetCap Memo

Resident-information Updates

We ask that all residents complete a resident-information-update form to provide important information to the Building Manager.



This information is to be used only as required when work is being undertaken in the building; it will not be disclosed to the public. Required information includes occupant names, emergency contacts, parking-spot number(s) and license-plate numbers. Please request a form from your Building Manager and return it to him or her, completed, as soon as possible.

- **Caring for your dog:** Please clean up immediately if your dog mistakes your balcony for the park; walk your dog in time to prevent 'accidents' in the hallways, lobby and elevators; keep your dog on its leash at all times; and, 'poop and scoop' after your pet, in accordance with city by-laws.

- **Never throw anything from your balcony:** To ensure the safety of your fellow residents and their visitors, don't throw anything over your balcony railing. Even something as small as a cigarette or cigar butt could injure someone; use an ashtray instead. Be aware, too, that you are responsible for the actions of your visitors. If someone were hurt, criminal charges might be laid against you. If you witness anyone throwing anything from a balcony, please report it to your Building Manager.

- **Positioning of flower boxes:** Another important safety precaution related to balconies requires you to place any flower boxes so that they are within the balcony, not hanging on the outside of the railing. Please be sure that, when you tend to your flowers, you don't spill water from the balcony to the ground below.

- **Disposal of large objects:** Big bags, boxes and objects, such as furniture, that don't fit in the garbage chute should be taken to the outside garbage bin, not left in the hallway by the chute doors.

POOL OPENINGS

All MetCap pools will open on June 20th. Pool-safety rules require you to walk slowly in the pool area, swim with a friend and look out for each other, swim at a depth that is safe for you, and never go into the pool area if the gate is closed and a lifeguard is not present.

CANADA DAY HOLIDAY

MetCap's head office will be closed on Tuesday, July 1.

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)



260 Richmond Street East, Suite 300

Toronto, Ontario M5A 1P4

Tel: 416.340.1600 Fax: 416.340.1593

THE MAKE-A-POSTER CONTEST

Entry Form

Name	Age
Building Address	Suite #
Telephone Number	

Submit your poster(s) to your Building Manager by 5:00 pm on June 20th, 2008.