



# Neighbours

Summer 2008

METCAP LIVING RESIDENTS' NEWSLETTER



## Summer Fun...Even When it Won't Stop Raining!

We hear all the time about the fun-in-the-sun activities of summer: picnicking outside, building sand castles at the beach, swimming in the pool, playing frisbee. What do you do, though, when the weather doesn't cooperate? In this rainy summer, are you feeling a little cooped in?

How about:

- Watching kids play soccer at your local community centre. Get in the spirit of the game with a hot dog and drink, and a few "go team, go!" yells.
- Learning to play the harmonica, an instrument you can take just about anywhere.
- Having indoor picnics...with all your favourite foods!
- Going to Allan Gardens to read in the conservatory while it rains outside.
- Eating buttery popcorn at a blockbuster – or a good old – movie.

Keeping young children occupied and happy on rainy days doesn't have to be difficult. Library books and the Internet are full of ideas for games, crafts and activities to stimulate young minds, and keep kids, however briefly, away from the TV!

Preparing kids for the return to school in September can also be fun. If they need backpacks, crayons, pencil crayons or other supplies, a shopping trip will help to get them thinking with some pleasure about going back to school. Such trips become a traditional end-of-summer rite for many families, and can be a good way to develop positive feelings about the return to routine. Plan to go as soon as possible to get the best selection and beat the rush!

## Speaking of Picnics...

On July 21, MetCap residents at Danforth Estates, at Danforth Road and Eglinton Avenue, were joined by the property management and building staff at a big, fun barbecue get-together. Representatives of

the police department also came out to celebrate at this family event and to demonstrate their presence in the neighbourhood. Food and non-alcoholic drinks were provided, along with prizes for children and door prizes for other participants.



*Annotation required for this photo...*

## Spring "Make-a-Poster" Contest Winners

Judging the posters submitted in our Canada Day "Make-a-Poster" contest was certainly a challenge. Entries were creative and interesting,



and expressed a real love of Canada. Winners of the two bicycle-and-helmet prizes were:

- Radin Vahid-Banasaz, of 100 Parkway Forest, in the contest for four-to-eight-year olds
- Alice Wong, of 125 Parkway Forest, in the contest for nine-to-twelve-year olds

*Annotation required for this photo...*

# Summer Contest: Best Summer-fun Photos

Got some good shots of your family or friends? Have you captured the essence of summer in a photo? Why not let us decide! We're looking for great summer-fun pictures of two or more people taken anywhere – the beach, Canada's Wonderland, even your balcony... wherever speaks of summer to you. Judging will be based on creativity, displayed enthusiasm, and backdrops that are undeniably



summery. Give your photo entries to your building manager or email them to [customerservice@metcap.com](mailto:customerservice@metcap.com) by 5:00 pm on September 5.

Two winners will each be awarded a digital camera (chosen by MetCap), with a case and a 1GB SD card.

Winning photos will be presented in the fall issue of Neighbours.

## Vesna & Joe and the “Tail” of their New Dog

Joe had always been a “dog guy.” Mention cats to Joe, and he’d quickly make it clear that they were not his favourite creatures. Dogs, though, being loyal and loving, could do no wrong in Joe’s opinion.



Vesna liked dogs, too, sort of. Having never lived with one, she was nervous about the responsibility of dog ownership. Joe spent many months talking up the virtues of dogs before Vesna gave in, and agreed to getting one. Once committed, Vesna joined the hunt for the perfect dog – and perfect dog toys and comforts – with enthusiasm. In the end, Vesna chose their dog, when she fell in love with a tiny puppy, whose tail looked too big for its body.

Once they got Puppy home – to their seventh-floor apartment – they soon realized that their planning had been inadequate, at least in one area. Where, at 5:00 in the morning – while they were still in their pyjamas – would Puppy “do his business,” if necessary? Rejecting the idea of using the balcony – tenants below would certainly find that option distasteful! – Vesna and Joe agreed that they’d just have to quickly get presentable and rush outside with Puppy. It turned out, of course, that Joe couldn’t be roused from a “deep sleep” whenever Puppy found it necessary to get outside in a hurry. Fortunately, as Puppy grew older, he became much better able to wait until a decent time to go out.

Joe, the dog lover and couch potato, soon settled into a happy routine with Puppy: on the couch side by side, they were content together for hours at a time. Vesna, on the other hand, was Puppy’s feeder, groomer, walker...and diligent stooper-scooper. Vesna always stoops and scoops when she takes Puppy for walks, and not only because a City by-law requires her to do so. She also considers it necessary for the sake of her neighbours.

She remembers the needs of her neighbours in other ways, too. Along with keeping Puppy on his leash in the building’s hallways, elevators and lobby, Vesna always takes care to ensure that Puppy never has “accidents” in the building, she keeps the dog out of the gardens surrounding the building, and she has trained him to be quiet in the apartment.

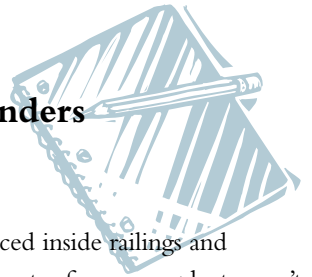
All in all, Puppy became a model MetCap “tenant”...thanks to Vesna. And he eventually grew into his tail!

## Here We Grow Again

MetCap has added new buildings in London, Ont., to its family of properties. Welcome to residents in the 50 suites at 366, 368 and 370 Belgrave Avenue, near Baseline and Wellington Roads in London.

## MetCap Memo

### Good Neighbours Reminders



#### 1. Balcony Etiquette

- Flowers on balconies should be placed inside railings and watered with caution. Be sure that water from your plants won’t drip from your balcony onto people below.
- Similarly, please ensure that water from your air conditioner falls into a drip pan, not onto those who live beneath you.

#### 2. Parking-lot Safety

- Parking lots are dangerous places for anyone who’s not paying attention as they walk through. They’re definitely not meant as play areas. Kids riding their bikes or playing games are focused on having fun, not on being safe. Keep your kids safe: ensure that they’re supervised while they play in a school yard, park or other kid-friendly place.

#### 3. Dealing with Building Staff

- Keep in mind that the people who manage and clean your building are doing so as employees. When they give you information or make a request of you, it’s likely as part of their assigned duties. Please appreciate the role they play, and treat them with respect.

### Office Closure

Please note that the MetCap Living head office will be closed on Labour Day, Monday, September 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](http://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

## Summer Contest: Best Summer-fun Photos Entry Form

Name	Age
Building Address	Suite #
Telephone Number	

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