



# Neighbours

Winter 2008

METCAP LIVING RESIDENTS' NEWSLETTER



## Happy New Year from MetCap Living

Happy new year to all MetCap residents!

To those of you who see the new year as an opportunity to begin a new regimen, we wish you the best of luck in reaching your goals. Change can be difficult, but decisions to improve your health, your relationships or your time management, to name just a few examples, are wisely made. If you slip up, don't give up! Keep trying, and you will make progress.

Thanks to all of you for being a part of the MetCap Living family. We're thrilled that our family keeps growing, and are committed to making all MetCap properties worthy of the name "home."

## Impressive Dedication Appreciated

On June 28, MetCap Living resident Kate Dyck took time to write a letter of appreciation about her building superintendent, Juanita Hickey. Thank you, Kate, for noticing and expressing your gratitude for Juanita's hard work. Here is Kate's letter:

Hello,

While reading the latest newsletter for residents, I was pleasantly surprised to see a letter commending performance and not complaining. It inspired me to write my own letter of praise for my superintendent, Juanita Hickey.

Since taking over responsibility for 2265 Victoria Park Avenue, Juanita's hard work has led to some very pleasant results. Most noticeably, the appearance of the building has gone through quite a transformation under her guidance. Water-damaged areas have been repaired and refinished, the grounds have become green, lush and landscaped, balconies have been cleaned and repainted, and a lot of attention has been given to decorating the common areas, with new rugs at the entrances and comfortable furniture in the entrance lobby.

In addition to the improvements that Juanita has overseen in the building, it is her dedication that is really impressive. I have observed her working from early in the morning until late into the evening and even on the weekends, rarely

taking time for herself. She is always available to help out in any way that she can. She even took time out one evening to introduce me to some of my neighbours because I needed some cornstarch while in the middle of a recipe.

I truly believe that when a person has performed above and beyond, they deserve to be recognized for the effort and results they have achieved. Please feel free to share my letter with Juanita so that she knows that her hard work and dedication have not gone unnoticed or unappreciated.

Sincerely,  
Kate Dyck  
2265 Victoria Park Avenue

## Winners: Halloween Contests

### 1 Best in Buildings

Best-decorated Lobby: 35 Fountainhead Road  
Best-attended Resident Event: 125 Bamburgh Circle  
Thanks to residents and staff in all buildings that participated in these fun contests

### 2 Trivia Contest

Winner Brett Lacey of 3110 Yonge Street received a \$100 gift certificate for a night of Cosmic Bowling – glow-in-the-dark bowling! – at Playtime Bowl.



Halloween fun at 125 Bamburgh Circle.

## Don't Forget the Chorus Contest

If you've got a mind like a steel trap when it comes to remembering song lyrics (or if you're good at Googling!), this is the contest for you.

- 1) "Our song is the slamming screen door, sneakin' out late, \_\_\_\_\_" *Our Song* by \_\_\_\_\_
- 2) "Welcome to the Hotel California. Such a lovely place, \_\_\_\_\_" *Hotel California* by \_\_\_\_\_
- 3) "Everywhere I go, every smile I see; I know you are there, \_\_\_\_\_" *Together Again* by \_\_\_\_\_
- 4) "Mama Mia, here I go again. My my, how can I resist you. Mama Mia, does it show again? My my, \_\_\_\_\_" *Mama Mia* by \_\_\_\_\_
- 5) "Turn this park into a club. The stars and lights and \_\_\_\_\_" *We Got The Party* by \_\_\_\_\_
- 6) "'Cause we all just wanna be big rockstars and live in \_\_\_\_\_" *Rockstars* by \_\_\_\_\_
- 7) "I can't wait to fall in love with you. You can't \_\_\_\_\_" *Summer Love* by \_\_\_\_\_
- 8) "But don't tell my heart, my achy breaky heart, \_\_\_\_\_" *Achy Breaky Heart* by \_\_\_\_\_

Fill in the blanks below to complete a line of lyrics from the chorus of eight songs, and name the artist for each.

## Vesna and Joe and the “Elevator Incident”

Eleven-year-old Joey, nephew of Joe and Vesna, had just arrived for a weekend stay – his first ever without his parents – at his aunt and uncle’s home. Vesna had planned a full agenda to keep him busy and happy. Joey, though, had his own thoughts on how to keep occupied.

“Auntie Vesna,” said Joey, “can I go to the store? I want some chips. And can I rent a couple of movies?” Vesna immediately began to develop a list in her mind of all the things that might go wrong with Joey’s plan. She remembered the elevator incident that she saw on the news earlier this week where an unattended child got stuck in an elevator. The child was unharmed. However, it occurred to Vesna that the same thing might happen to Joey on this very day! Faced with this thought, Vesna couldn’t possibly let Joey out of the apartment alone.

Joe, who almost never agreed with Vesna when she was on a flight of fancy, decided to find a solution to this situation. He figured it would do Joey some good to gain a little independence through a quick outing. “Joey,” he said, “it’s no fun being stuck in an elevator, I can tell you. Your aunt’s right about that, at least. So, if it should ever happen to you, here’s what you need to know.

Most importantly, stay calm about it; there’s no need to panic. You’ll be safe where you are. Push the button that’s labelled ‘alarm’ or ‘help,’ and the Building Manager will respond to help you within minutes. The staff needs to be informed of your situation while you are in the elevator. Don’t try to get out on your own; just wait for help. You might as well sit down and try to be comfortable. My advice is to have a cat nap, but then, I’m old!” As if to prove his point, Joe stopped to yawn. He continued, some elevators are even equipped with phones that can only be used in emergency situations.

Having exhausted his store of elevator advice, Joe sent Joey on his way with enough money to rent a third movie, a “chick flick” that he knew Vesna would love. He guessed it would provide a good opportunity for him to get that cat nap he was now longing for!

## Here We Grow Again

Welcome to residents in these new MetCap buildings:

- 1 25 Cougar Court – 264 suites**  
Location: Markham Road & Eglinton Avenue East, Scarborough
- 2 125 Indian Road – 73 suites**  
Location: Indian Road & McGee Avenue, Kitchener
- 3 3125 Sandwich Street – 29 suites**  
Location: Sandwich Street & Detroit Street, Windsor

## MetCap Memo



### Maintenance Requests

If you are seeking maintenance in your suite, you have the following two options to communicate with your Building Manager:

- During office hours, you can visit the Building Manager’s office in your building and ask for a Maintenance Request Form. Fill out the form, on the spot if you want, and submit it to your Building Manager.
- At any time of day or night, you can download a copy of the Maintenance Request Form from the Resident Assistance page on MetCap’s website, at [www.metcap.com](http://www.metcap.com). All you need to do is print the form, fill in the appropriate areas and submit it to your Building Manager.

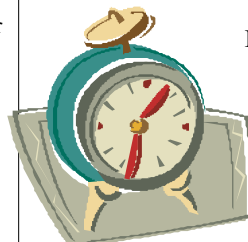
It is essential that we have a signed Maintenance Request Form before proceeding with any work in your unit, as this form is our authorization to enter your suite to complete the requested work.

### Good Neighbours

To be a good neighbour, please remember to:

- Have your children play only in your suite, not in common areas.
- Keep your noise to a minimum at all times, and particularly between 11:00 pm and 7:00 am.
- Ensure that your animals do not make persistent noises that disturb the peace. (If they do, you could face a fine of up to \$5,000.) Think about why they might be making such noise, then find out how to alter their behaviour to prevent it.

## Don’t Forget to Turn Your Clocks Back



Don’t forget to change your clocks – to spring ahead! – on March 9th.

## 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)



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Toronto, Ontario M5A 1P4  
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## Don’t Forget the Chorus Contest

## Entry Form

Name	Age
Building Address	Suite #
Telephone Number	

Submit your answers to your Building Manager by end of day on March 3. All correct submissions will be entered in a draw for two prizes: iPod nanos.