



Neighbours

Summer 2009

METCAP LIVING RESIDENTS' NEWSLETTER



Feeling “Neighbour”-ly?

If this summer's grey skies have you feeling a little blue, try this with someone you like:

A: Knock, knock.

B: Who's there?

A: Pooch.

B: Pooch who?

A: Pooch your arms around me, silly!

This is a tried-and-true way to win you a hug from anyone who likes you in return. And, with their touted therapeutic results, hugs might be just what's needed on a dull day!

If knock-knock jokes are just not your style, you could try brightening your day in other neighbourly ways: start a conversation in the elevator, greet your neighbours, chat with the building manager. If all else fails, try ice cream!

The Rewards of Recycling

We all know that recycling pays: it keeps reusable materials out of landfills, conserves natural resources and more. But for one hard-working Danforth Estates resident, recycling is paying off with something a little more tangible.

Joelyn & Elijah Allen of 1360 Danforth Road applied themselves to winning the recycling contest for residents 17 and under at Danforth Estates. Having filled 13 garbage bags, a bin and a box with recycled goods from the Estates, Joelyn & Elijah surpassed other entrants and won an iPod®. Good work!



Coming Soon to the Recycling Area in Your Building: MetCap's New Recycling Slogan

The choice is yours - save it or waste it!

Ljubisav Kukic, of 125 Indian Road in Kitchener, came up with our new slogan, capturing in a few words the importance of personal responsibility in green efforts.

As the winner in our slogan contest, Ljubisav will receive a recycling package that includes a paper shredder, Brita® water-filtration pitcher and extra filters, reusable plastic containers, and a MetCap stainless-steel water bottle.

Thanks, Ljubisav, for reminding all of us that we are part of the waste-reduction solution.

Our Very Own Hero!

On June 8, Tahir Qureshi, who also lives at Danforth Estates, received a Heroes in the Home award from VHA Home HealthCare, a not-for-profit organization that provides services to people at home, in long-term-care facilities and in hospital. Tahir was recognized for the excellent home care he provides his wife, Tahira, who has had muscular dystrophy since she was a child. Tahir also looks after the couple's three children and all household chores.

Now able to move only her head and hands, Tahira needs constant care. Apart from two hours a day, when a VHA personal support worker comes in to help the family, Tahir happily provides all of that care. For his loving devotion to his wife, MetCap also salutes Tahir.

Best Summer-fun Photos Contest is Back!

Last summer, the *Neighbours* photo contest was a great success...so we're doing it again! We want to see your best shots of summer fun. If you have a great photo – or several! – of two or more people enjoying summer's offerings, give it to your building manager



or email it to customerservice@metcap.com by 5:00 pm on September 30th. One winner will be awarded a digital camera (chosen by MetCap), with a case, a 2GB SD card and a camera printer. The winning photo will be presented in the fall issue of *Neighbours*.

Vesna and Joe Get Results When They Follow Procedures

When Vesna makes up her mind to get something done, she doesn't like things to get in her way. Recently, deciding that she wanted to feel the summer's breeze as she fell asleep at night, she turned off the air conditioner and opened the bedroom window. She had forgotten that the room's window had no screen; she was soon reminded of the fact, though, as the drone of mosquitoes grew.

The following day, Vesna prodded Joe to speak to their building manager about having a screen installed. Joe ran into their building manager as she was working in the lobby, and he mentioned their need. A couple of days later, wondering why they hadn't heard from her, Vesna called the building manager to inquire about their request. After apologizing, the building manager asked Vesna to see her to get a maintenance request form. She explained that, with a completed maintenance request form from a tenant, she puts the job to be done in process and then never fails to get the work done.

Now that she is aware of the procedure to follow when she and Joe need help from the landlord, Vesna knows that she won't have to wait long for results...and that's just the way she likes it!

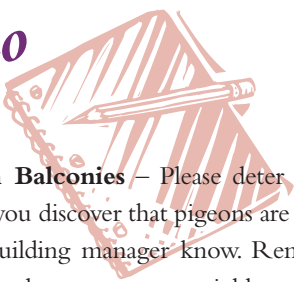
Here We Grow Again!

New residents are welcomed to the MetCap fold at:

- **1445-1481 Kingston Road – 101 units**
Located at Warden Avenue and Kingston Road in Scarborough, Ont.
- **666 King St. East – 75 units**
Located at Wilson and King St. E in Oshawa, Ont.

MetCap Memo

Good Neighbours

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- 1. Pigeons Don't Belong on Balconies** – Please deter pigeons from nesting on your balcony. If you discover that pigeons are making a home there, please let your building manager know. Remember, pigeons carry disease that could make you or your neighbours ill.
 - 2. Keep the Noise Down** – Please remember that the noise you make having fun is likely an annoyance to your neighbours. Keep it down at all hours – not just at night – to respect the needs of people living nearby who just might work the night shift or have small children napping.

Office Closures

Please note that the MetCap Living Corporate Office will be closed on the following holidays:

- Labour Day – September 7
- Thanksgiving – October 12

When Work is to be Done in Your Unit

Any contractor entering your apartment must be accompanied by the building manager and have proper identification. Please advise a contractor that arrives at your door without meeting these conditions to talk to the building manager to gain access.

Be Kind to Our Risers

Risers are the vertical pipes in your building. They are used to supply water to the fixtures in your apartment and to take waste water down to sewer connections. If drain risers, say from the building's kitchen sinks, become clogged, dirty water can back up into your sink, making for an unpleasant mess.

To help prevent drain blockages that would lead to backups, please do not put grease or other clogging materials down your drains. Since the risers are located throughout the building's units, residents share responsibility for their condition. Dispose of potential blockage-causing substances in the garbage...your neighbours thank you!

Interest-free Loans from the Toronto Rent Bank

If you have a regular source of income but are in imminent danger of losing your housing because you can't pay your rent, you might be eligible to receive an interest-free loan to avoid eviction. The Toronto Rent Bank provides loans for up to two months, as well as other services such as follow-up support and money-management advice.

Applicants must exhaust all other means of financial assistance available to them before applying for a Rent Bank loan. All loans are to be paid back in full in monthly installments.

If you have any questions or want information on any Rent Bank-related services, call the Rent Bank central office, at 416-924-3862.

Important Numbers:

Fire and Medical Emergencies	911
Resident Helpline	1.877.638.2271
Security	416.847.1177 (GTA only)
After-Hours Emergencies	416.340.0536 (GTA only)
	or 1.866.511.0536

www.metcap.com
Resident Helpline:
1-877-METCAP-1 (1-877-638-2271)



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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	

Please submit to your Building Manager or e-mail to customerservice@metcap.com by 5:00 pm on September 30th, 2009.