



Neighbours

Summer 2010

METCAP LIVING RESIDENTS' NEWSLETTER



The Heat is On!

Ah, summer... a time to slow down a little, relax a lot and spend more time in the great outdoors. The sun's warmth feels wonderful, at least until it gets too hot! (We wouldn't be Canadian if we didn't complain at least a little about the weather, whatever the season!)

To be sure that you thrive in the sunshine – rather than suffer from it – protect your skin with sunscreen. Apply it as directed to get the protection the product promises. Sunburn not only hurts; it's also damaging and potentially dangerous in the long run, so precaution is strongly advised.

A swim, or even a dip in a pool, can refresh better than just about anything, but here, too, one must be careful. Follow the pool rules, never swim alone, don't go in the deep end if you don't know how to swim, keep a consistent eye on your children in the pool. And, remember to reapply sunscreen when you get out!

Winners of the Spring "Test Yourself" Contest

The Spring Neighbours contest was a crossword puzzle with questions based on newsletter content. If you read carefully, you would have found the answers shown below, just as Rena Kissoon of 120 Raglan Avenue and Tim Cosgrove of 125 Parkway Forest Drive did. For simply reading the newsletter and completing the puzzle correctly, these two residents each received a 19-inch, flat-screen TV from MetCap.

- 1 A Canadian tradition at winter's end: **springcleaning**
- 2 Don't let this flow off your balcony: **water**
- 3 When Joe and Vesna are talking about their neighbours: **midnight**
- 4 MetCap amenities that will open by June 15: **pools**
- 5 How Vesna and Joe feel as they're talking: **annoyed**
- 6 Name of a pet or an international cuisine: **sushi**
- 7 A reason to call the After-Hours Emergency Number: **flooding**

Appreciation Noted

Staff at 65 Forest Manor Road are living up to MetCap's mission – to provide great living experiences in friendly neighbourhoods – as indicated by the following note sent by Gloria Wenyewe, a long-time resident there. As she was preparing to move out of the building, Gloria kindly contacted Customer Service to pass on her thoughts:

I am writing to express my appreciation of the professional service my family and I have received from our building managers Grace and George Zajkowski. During the five and a half years we have lived at 65 Forest Manor Road, Grace and George have been very respectful and supportive; their demeanor has always been reassuring.

The building superintendent, Henry, has also been very helpful to us over the 2-3 years we have known him.

We will always miss the friendly and professional service at 65 Forest Manor Road.

Thank you for your time.

*Sincerely,
Gloria Wenyewe*

Likewise, we thank Gloria for communicating her gratitude... especially while she was undoubtedly busy with moving arrangements!

Here We Grow Again

A warm welcome is extended to new MetCap residents in these recently acquired buildings:

- 3250 Keele Street, at Sheppard Avenue West, Toronto – 59 suites
- 226 Jogues Street, Sudbury, ON – 31 suites
- 236 Jogues Street, Sudbury, ON. – 31 suites
- 227 Notre Dame Avenue, at Jogues Street – 31 suites

WORLD CUP FEVER CONTINUES!

Whether or not you love soccer, you couldn't help but hear a lot about the 2010 World Cup. It was certainly an amazing time for fans of the sport.

The Summer *Neighbours* contest carries on the fanfare a little longer. We want to see some creative collages of World Cup images. They can be made of photos or



hand-drawn pictures, even magazine cut-outs. They could focus on a single theme or present your view of the full event. Whatever you decide on, your collage should be submitted to your Resident Manager by 5:00 pm on August 18. If your collage is chosen as one of the four best, you'll win a \$100 Sport Chek gift card.

Vesna & Joe Smoke Out Trouble

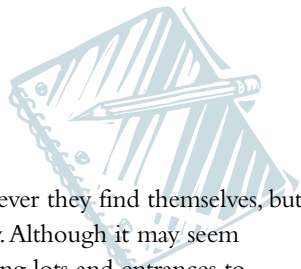
Vesna's nephew had been staying with her and Joe for a week or so when it came to their attention that he had become a secret smoker. Frank was 19 and still living at home. His smoking had so far gone undetected there.

Vesna found a cigarette butt on the balcony, and wondered. A day later, she returned home early from work and found Frank there with a cigarette in hand. "At least you have the sense to smoke on the balcony," she said to him, "but you should be using an ashtray." Remembering his age, she decided against reprimanding him too severely for smoking, but did continue on the theme of ashtrays. "You know, you could start a fire out here with just flicking your ashes and your butts. And," she continued, "You could injure someone below with a butt."

She produced a newly purchased ashtray from her bag and gave it to Frank. "Use this, if you must smoke," she said, unable to resist a little chastisement. Frank accepted the offering sheepishly. "Are you going to tell my parents about my smoking?" he asked. "No," said Vesna. "You are!"

Residents who smoke on their balconies and do not properly dispose of their cigarettes create a fire hazard. Please use an ashtray to stub out your cigarette butt and ashes to ensure that you eliminate the risk that you'll start a fire in your building.

MetCap Memo



Good Neighbours

- **Play it Safe:** Children play wherever they find themselves, but not everywhere is suitable for play. Although it may seem obvious, we'll say it, anyway: parking lots and entrances to underground parking are particularly unsafe places to play. Parents must ensure that their children's outdoor play is done in a safe and secure setting, which also means that children should be within sight. Indoor play, too, needs to be managed by families living in apartment buildings. Shared spaces, such as hallways and lobby areas, are not meant for toys and noise; play should be confined to a family's own living space.
- **Keeping Pigeons at Bay:** Please remember that pigeon droppings are hazardous to our health. The birds should not be fed or allowed to nest on your balcony. If you do want to feed them, please do so in a nearby park, where their presence won't create problems for your neighbours. If you do regularly have pigeons

on your balcony, let your Resident Manager know right away. And note: if you wash your balcony to remove pigeon droppings, be sure to contain the water to prevent it flowing over the edge. Your neighbours below will thank you!

- **Living with Man's Best Friend:** If you have a dog, you know they're not quite as easy to keep as fish. They certainly have more needs, and they can get noisy about them! For the sake of both your pet and your neighbours, please keep these practices in mind:

Get your dog outside at regular intervals to prevent messy accidents in the building, and always stoop-and-scoop.

To be prepared for urgent "bathroom" needs, set up an absorbent-litter tray on your balcony, as described in the Spring Neighbours newsletter.

Keep your dog on a leash whenever you take it beyond your suite.

- **Balconies are Made to Enjoy:** Balconies are not intended for garbage or the flies it can attract. They're not meant, either, as breeding grounds for mosquitoes (so stagnant water should be removed). They weren't built to house pigeons, as we've already noted. Balconies exist to give you access to fresh air and breezes. They're a place to sit and enjoy summer's fair weather. Please do your part to keep our balconies clean, safe and hygienic. And remember: you may barbecue, as long as you use an electric grill. Use of propane is not allowed.
- **Keep Your Noise Down at Night:** Between 11:00 pm and 7:00 am, when most of us are sleeping, local by-laws impose noise limitations to prevent loud disruptions. When 11:00 rolls around, please be considerate of your neighbours' need to sleep, even if you are a night owl.

Corporate Office Closures

MetCap's head office will be closed on these coming holidays:

- **August 1 – Civic Holiday**
- **September 6 – Labour Day**

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)



260 Richmond Street East, Suite 300

Toronto, Ontario M5A 1P4

Tel: 416.340.1600 Fax: 416.340.1593

WORLD CUP FEVER CONTINUES!

Entry Form

Name

Age

Building Address

Suite #

Telephone Number

Submit your completed puzzle to your Resident Manager by 5:00 pm on August 18th. Include your suite and phone numbers on your entry so that we can contact you if you win.