

Neighbours

SPRING 2017

ENTER CONTEST TO WIN!

see below for details

Welcoming Spring!

Spring has sprung! It's time to celebrate the return of chirping birds, blooming flowers and vivid greenery!

Along with the changing weather, we're also looking forward to Earth Day 2017, the largest environmental event in the world. Held on April 22, Earth Day Canada is focusing on outdoor play this year, so make sure you get outside and have some fun!

Spring Hope Food Drive

We were proud to host our Spring Hope Food Drive on April 19. The food drive was a great success, and we appreciated everyone's contributions. It was amazing to see how residents came together to support their communities!



Important Numbers:

Fire and Medical Emergencies: 911
Resident Helpline: 1-877-638-2271
After Hours Emergencies: 1-866-511-0536
Office numbers (These are building specific. Please check with your management office for more information)

Office Closures

Our offices will be closed on:
Good Friday - April 14, 2017 (ON, NS, NB and BC)
Easter Monday - April 16, 2017 (QC)
Victoria Day - May 22, 2017 (ON, NS, BC and QC)

Here We Grow Again

We'd like to welcome the following buildings to the MetCap family:

Ontario

37 Johnson Street, Barrie
170, 174 & 178 Grove Street,
Barrie
278 St. Vincent Street, Barrie
65-99 Silver Springs Boulevard,
Toronto
4 Treewood Street, Toronto

Quebec

222 Rue de Woodstock,
Saint-Lambert

Choose Your Neighbour

Did you know tenants who refer potential residents may be eligible for an incentive? See your Resident Manager for more information.



81 Primrose St, Dartmouth,
NS B3A 4E2
Tel.: 902-461-4663

Neighbours Contest

Tell us what your favourite Spring memory is for a chance to win an iPad mini.

Send us your entries along with your name, address and phone number via email to contest@metcap.com or via mail to Dellah Neequaye at 260 Richmond St. East, Suite 300, Toronto, Ontario M5A 1P4.

Balcony Etiquette

More of us will be using our balconies during the warmer months. It's important to be good neighbours and help each other enjoy a safe and clean balcony by:

- Keeping noise down, especially at night. Even though you're outside, noise can travel and disrupt your neighbours.
- Ensuring that your balcony is neat and tidy. Messy, cluttered balconies can attract pests and other small animals, which can then get into adjacent units.
- Keeping things confined to your space. Sometimes things can accidentally fall off our balconies and cause damage to spaces below.
- Cleaning your balcony. Use waterless methods for cleaning so you are not pouring water on to the balconies below. Sweeping is a good option, and consider mopping if you need to use water.
- Keeping pets and pet matter away from your balconies. Please take your pets outside—where appropriate—to use the bathroom, and keep litterboxes inside.
- Removing objects that young children can climb on, as these can pose safety hazards. Always watch your little ones when they are playing on the balcony.

Cigarette Usage

We ask residents to please be considerate when using cigarettes in and around buildings. We ask that you please keep the following in mind:

- Always abide by your municipality's smoking by-laws, which can be found online.
- Cigarettes should be disposed of properly in garbage cans or disposal units near buildings.
- Make sure you put your cigarettes out properly in the ashtrays provided as you walk into the building. Do not throw lit cigarettes into garbage cans or shrubbery.
- Smoking indoors in common areas is prohibited.

- Some people may be particularly sensitive to cigarette smoke. Always be cautious of who is around you.

Fire Safety

We all need to keep fire safety top of mind. Protect your family by:

- Keeping on top of your smoke alarm maintenance. Let staff know about any issues you are having with your detectors right away.
- Making sure your carbon monoxide detector—if you have one—is installed correctly and in working order.
- Evacuating via stairs, and not elevators, when the general building alarm is activated.

Remember, removing or tampering with alarm systems in your unit and building is a finable offense. Please do not do this.

Also, if you or someone in your unit requires special assistance during an emergency, please complete an Emergency Assistance Form. The forms are available through your Resident Manager.

Putting Garbage Where it Belongs

We want to remind tenants to dispose of garbage in disposal chutes or outside in the large garbage bins. Please do not leave it in your hallways or on the floor in garbage disposal rooms as this can create fire hazards.

Successful Recycling

Recycling is a fundamental way to help the environment and preserve it for future generations. The key to successfully recycling is to know exactly what belongs where. Below are some general guidelines you can follow.

What you can recycle:

- ♻️ Plastic food jars, tubs and lids.
- ♻️ Beverage cartons.
- ♻️ Glass bottles and jars (but no lids).
- ♻️ Aluminum trays, plates and pans.

- ♻️ Egg cartons and foam polystyrene packaging.
- ♻️ Most paper and boxes.
- ♻️ Plastic shopping bags, milk bags and some bread bags.

What you cannot recycle:

- ✗ Potato chip, peanut or cookie bags.
- ✗ Aluminum foil or cling wrap.
- ✗ Coffee pods.
- ✗ Shower liners.
- ✗ Waxed cardboard.
- ✗ Candy bar wrappers.

This is a brief overview of what you can and cannot recycle. Please see your municipality's website for detailed information.

Heating in the Building

The heating in our buildings will be turned off according to each municipality's relevant by-law. It may take some time for your building's heating system to turn off and cooling system to turn on. In the event this happens, and you find that your unit is too warm, here are some ways you can cool down:

- Keep curtains closed during the day so the sun doesn't overheat your apartment.
- Leave your windows open.
- Turn lights off in rooms you aren't using.

Monitoring Energy and Water Consumption

Water and energy conservation is vital for a healthy planet. Do your part for the environment by taking small steps.

- Do not leave water running unnecessarily or use more than you need.
- Keep baths and showers short.
- Turn the lights off in rooms you aren't using.
- Unplug small appliances.
- Make sure your fridge and freezer are sealed properly when the doors are closed.
- Report any leaks, leaky taps and leaky toilets.

This Is Your Newsletter...

This newsletter is for MetCap residents, and we want it to be helpful to you. Please let us know what you'd like us to provide in the newsletter. We're open to suggestions!

Send your ideas to customerservice@metcap.com or to Dellah Neequaye at MetCap Living Management Inc., 260 Richmond Street East, Suite 300, Toronto, ON M5A 1P4.

Contest Entry Form

Name

Building Suite #

Phone Number

Please provide your responses in one of two ways: Either complete the form above and fax it to 416-340-1593, or send an email to contest@metcap.com, making sure that your answers are numbered to correspond with the questions.

