

The Season of Rediscovery



Ask someone what their favourite season is and the answer is often Fall. Crisp weather that’s neither too hot nor too cold is the hallmark of Autumn. As we welcome Fall, we want to thank our residents for participating in the resident appreciation events held at various MetCap buildings this Summer. These events were a great way for residents and staff to connect while having fun. We hope this new season brings everyone a lot of joy.

Fire Safety Tips


Fire safety is of the utmost importance. We are all responsible for preventing fires. We’re asking all residents to keep these fire safety tips in mind at all times:

- 1 Discuss an escape plan with your family in case of fire.
- 2 Do not leave pets unattended.
- 3 Let management know if someone in the home is unable to evacuate without help.

- 4 Keep all flammable items away from your stove. Double check labels to see how these types of items should be safely stored.
- 5 Unplug countertop appliances when not in use.
- 6 Make sure stoves, ovens and appliances are off when you’re done cooking and before leaving home.
- 7 Do not throw cigarettes off your balcony.
- 8 Do not place extension cords under carpets or across doorways.
- 9 It’s recommended that you use CSA or ULC-approved items.

You can keep your family and neighbours safe by taking these small steps.



 **HELPFUL TIPS**

PET ETIQUETTE

Please ensure your pets are on leashes and accompanied by owners at all times when outside of your unit. We also ask that pet owners be respectful of those around them by:

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 Cleaning up after your pets in shared spaces.

☒

 Ensuring other residents have adequate space when riding in elevators.

☒

 Trying to keep noise to a minimum.

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 Keeping indoor and balcony pet-related spaces clean to prevent odours.

ENTER CONTEST

TO WIN



SEE NEXT PAGE FOR DETAILS

FALL CONTEST

Tell us what your favourite Fall drink recipe is for a chance to win a really fun prize.

Send us your entries along with your name, address and phone number via email to contest@metcap.com





SUMMER CONTEST WINNERS

Congratulations to the winners of our Summer issue!

Terrence G. | Vancouver, BC

"The past few years have been tough for all of us, but especially tough on me as I underwent back surgery. In order to keep my spirits up, I started growing vegetables on my patio and I am ver proud to that in my second year I have surpassed my expectations with my huge herb garden. I also and I'm enjoying watching my tomatoes get big and fat and round! I will always look forward to every summer because I know that I can look forward to growing more vegetables on my wonderful patio tucked away in the beautiful apartment that most people only dream about."

Julie N. | St. Catharines, ON

"My favorite tradition I look forward to over summer is taking my grandchildren (ages three and eight) down to port Dalhousie to ride the carousel and enjoy an ice cream cone at Old Port Dairy Bar. They have a yummy variety of hard ice cream flavors."

Lois L. | Toronto, ON

A Summer's Day

*There is a soft breeze coming off the lake as
you sit by the water
You eat ice cream and stay in the shade to
keep cool
Children are playing in a nearby fountain,
untouched by the heat of the day
There are flowers everywhere, you breathe
deeply to smell their fragrance
Rain threatens in the air, as dark clouds form
You hear thunder off in the distance
The ground is dry and crying for the rain
As the big drops come falling down people
are running for shelter
The night is cooler after the heat of the day,
people are out walking
The sky has cleared and the moon is shining
bright above the city
You hear soft music playing coming from a
garden party nearby
You think to yourself what a perfect
summer's day.*

Preparing for Winter

It's never too soon to start preparing for Winter. Snow, ice and cold temperatures can be challenging so why not use the Fall season to plan ahead by:

- Taking stock of your winter clothing to see what you need and what can be donated or purged.
- Clearing clutter from your balcony.
- Packing away any Summer or Fall items you won't need in the Winter.
- Have your AC units uninstalled, cleaned and packing them away. Same for fans, if not in use.
- Doing your holiday shopping to beat the crowds later on.
- Make sure furniture is not blocking your heaters. Please report any concerns pertaining to your heaters to your Resident Manager right away.

How are you preparing for Winter?





HERE WE GROW AGAIN!

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

- 100 Gloucester Street, Toronto
- 105 Isabella Street, Toronto
- 5 & 15 Jansusie Road, Toronto
- 14 & 16 Westdale Drive, Welland
- 3528-3532, 3550 & 3590 Downpatrick Road, Ottawa

- 2880 & 2900 Carling Avenue, Ottawa
- 3360 Paul Anka Drive, Ottawa
- 2969 Fairlea Crescent, Ottawa
- 2181 Navaho Drive. Ottawa

WE'RE OPEN TO SUGGESTIONS!



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.

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



PARKING

Residents must register their vehicles to obtain parking. Permits may also be required for Visitors' Parking where it is available. Please see your Resident Manager to register or if you have questions about parking.