

# Neighbours

SPRING 2022

## ENTER CONTEST TO WIN!

*See below for details*

### *Spring has sprung!*

One of the year's most refreshing seasons is finally upon us. After a cozy winter, it's heartwarming to see flowers, greenery and sunshine. Spring is truly the season of new beginnings, and we're excited to experience everything this cheerful season brings.



### *Earth Day 2022*



Earth Day 2022 took place on April 22. This year's theme is to invest in our planet—to preserve and protect our health, families and livelihoods. Now is the time to act boldly by taking small steps every day to invest in our environment. This could be something as simple as reusing jars for storing pantry staples, using reusable grocery bags and turning off the lights in rooms when not in use. Let's all take a few minutes to reflect on how we can help our environment.

### *Office Closures*

MetCap offices will be closed on:  
Monday May 23: Victoria Day

### *Contest Winners!*



We had wonderful entries from our Winter 2022 contest. Below are our four winners, who shared details on how they make the most of their time indoors.

- **Ashtyn C.** found new hobbies through indoor gardening and learning new recipes while focusing on decluttering and deep cleaning.
- **Tynesha G.** loves sprucing up her home through interior decorating, preparing yummy meals and hosting family game nights. Twister is a favourite!
- **Cecile H.** makes it a point to check in with family and friends electronically and via phone, stocking the freezer with meals and baked goods and reading.
- **Trinity M.** and **Samuel C.** have been cooking elaborate meals and setting up their tables to really enjoy a luxurious meal together, which is a great way to expand their cooking repertoire and get that restaurant feel while at home.

### *Here We Grow Again*

We're pleased to welcome to following properties to the MetCap Living family:

- 351 The West Mall (Toronto, ON)
- 25 Eva Road (Toronto, ON)
- 12 Kinsdale Blvd (Toronto, ON)
- 877 Kennedy Road (Toronto, ON)
- 454 Oak Street (Collingwood, ON)
- 501 Sixth Street (Collingwood, ON)
- 8616 Oak Street (Vancouver, BC)

### *Tenant Insurance*

Tenant insurance is a very critical component of renting a property. It could help cover your personal property against common risks such as theft, fire and loss. We request that tenants provide a copy of their tenant insurance agreements to their Resident Managers for their records.





**Energy saving to make a difference**

Sometimes trying to improve our carbon footprint seems daunting, but small changes in our daily routine can have a large impact. Being mindful of your energy and water consumption is a great start. Some examples of easy ways to do this include:

- Report any water leaks to your Resident Manager right away. You can do this in-person or online at <https://www.metcap.com/portal> for those residents that have the option.
- Turn off faucets when brushing teeth, washing hands, shaving or soaping dishes.
- Take shorter showers.
- Unplug appliances when they aren't being used.
- Make the most of natural light or use LED lamps instead of ceiling lighting.
- Consider using microwaves, toaster ovens or crock pots which use less energy than an oven.

**Spring cleaning**

The feeling you get after an annual spring clean can't be beat. Two relatively easy areas to focus on while doing your annual refresh are decluttering and basic balcony maintenance.

**Decluttering**

We all have things we hold on to but don't use or need. Maximize your existing space by purging things you don't need. Anything in good condition can be donated or given to others, while items that are broken can be recycled if appropriate. Some companies will come pick up donations for free.

**Balcony upkeep**

Your balcony is the outdoor extension of your living space. It deserves just as much attention as the rest of your home. Take time this Spring to do basic balcony maintenance while being mindful of your neighbours. Never let water, debris or dust fall onto the balcony below.

- Clean and pack away any seasonal toys, activities or tools.
- Keep storage areas free of clutter. Birds and pests love to find small hiding places, which can lead to big issues.
- Clean balcony floors with a hard-bristled brush and soapy water.
- Prune and trim plants.

**Office numbers**

These are building specific. Please check with your management office for more information

**Important Numbers:**

Fire and Medical Emergencies: 911  
Resident Helpline: 1-877-638-2271  
After Hours Emergencies: 416-340-0536 (GTA only)  
or 1-866-511-0536



32 Primrose St,  
Dartmouth, NS B3A 4C5  
Tel. : 902-407-8050

**Contest Alert**

We want to know how you celebrated Earth Day! Send us a picture or drawing of what you did on Earth Day for your chance to win a prize.  
Send us your entries along with your name, address and phone number via email to [contest@metcap.com](mailto:contest@metcap.com) or via mail to  
Attention: Contest, at 260 Richmond St. East, Suite 300, Toronto, Ontario M5A 1P4.

**Contest Entry Form**

Name	<input type="text"/>		
Building	<input type="text"/>	Suite #	<input type="text"/>
Phone Number	<input type="text"/>		

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](mailto:contest@metcap.com), making sure that your answers are numbered to correspond with the questions.