

SPRING
2026

neighb^ours

METCAP LIVING RESIDENTS NEWSLETTER



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Spring has Sprung!

The wait is over—the season of longer days, brighter colours and more sunshine is here. It's time to banish the Winter blues and prepare for a fresh start. Nature is in bloom!

In this issue we're sharing tips for your Spring cleaning, parking to-dos and general building reminders.



Earth Day is on Wednesday, April 22. This year's theme is conscious consumption, which is buying less but better. This approach allows us to minimize our impact on the environment while improving our quality of life.

Conscious consumption doesn't only apply to buying things. We can apply this idea in our every day lives by:

- Reducing the amount of water we use every day.
- Opening windows to let fresh air in during the warmer months.

- Staying on top of unit maintenance by reporting things like leaky taps and damage to window screens right away. You can do this through the Resident Portal www.metcap.com/portal/
- Turning off lights in rooms that aren't being used.
- Unplugging appliances when not in use.

Let's all do our part in improving the world we live in.

Balcony and Patio Use

It's time to get your outdoor space ready for the warmer months.

Here are a few things to keep in mind while getting your balconies and patios Spring ready:

- 1 Time to clear up the clutter, dispose or recycle things you no longer need or want.
- 2 Do not throw cigarette butts off the balcony.
- 3 Do not store flammable materials like propane tanks on your balconies. Barbecue use on balconies is not allowed.
- 4 Ensure planters are kept away from the edge of your balcony. Do not hang them off the railings as they can pose serious safety risks.
- 5 Do not sweep dirt or push water off your balconies. This can cause other residents' spaces to get dirty.



What's your favourite Spring flower or plant? Share your thoughts for a chance to win a prize worth \$250!

Send us your entries along with your name, address and phone number via email before May 15, 2026 to contest@metcap.com.



Taking Care of Pets

Pets are a beloved part of the MetCap family. This is why it's important we all do our part to ensure everyone can enjoy common spaces to the fullest. To do this we're sharing a few things we'd like you to be mindful of:

- Make sure dogs are on leashes when outside of your unit and in common areas.
- Clean up after your pets. If they poop, you need to scoop.
- Control your pets' behaviour while around other animals and people.
- Use the appropriate equipment to transport pets through common areas.

Please do your part to ensure the safety of your pets, other pets and other residents.

Feeding wild birds and other wildlife is illegal in most municipalities. Please do not feed wild birds or other wildlife around MetCap properties.

Parking Registration

All residents must ensure their vehicles are properly registered with the building office. This will help you avoid parking tickets and towing.



Air Conditioner Installation

All resident owned Air Conditioner units must be installed by a licensed technician. Please see your Resident Manager before installing your Air Conditioner.

Plumbing Protection



Drain care is an important part of home maintenance. Protect your drains by:

- Using drain catchers to stop hair and debris from forming clogs in drains.
- Making sure you don't flush sanitary napkins, diapers, baby wipes, paper towels and other non-flushable items



OFFICE CLOSURES

- Good Friday | April 3 (B.C., ON, N.S.,QC)
- Victoria Day | Monday, May 18 (B.C., ON, N.S.)
- Saint-Jean-Baptiste Day | Monday, June 22(QC)
- Canada Day | July 1, 2026 (B.C., ON, N.S.,QC)



CONTEST WINNERS

Congratulations to the winners of our winter contest!

Raheem. Brampton, ON

My first winter memory was going ice skating with my little sister. I never really knew how to ice skate, but I thought it was fun, so my mom bought us ice skates and now we go every weekend to Gage Park because of the beautiful scenery at nighttime.

Sohaib. Burnaby, BC

Building my first snowman was a battle, not a hobby. Under a sun that was blindingly bright but utterly hollow, I fought the freeze with zero heat. I'll never forget the sting as the frost fused my skin to the snow, a sharp reminder that nature doesn't care if you're prepared or not. I didn't need the warmth; I was too busy winning.

Chris B. Orillia, ON

My first winter memory is snow being piled so high, and frozen so hard on top, that I could walk right over the cow fence (which was nearly as tall as me) at my grandparents' farm.

Jessica. Vancouver, BC

My first winter memory is from when I was four or five years old. Back home in Cape Breton, Nova Scotia, my father, who was recently diagnosed with Alzheimer's, built my brother and me a skating rink in our backyard every year, complete with boards and spotlights. It was always so exciting watching it take shape as he went out night after night to flood the ice. When it was finally ready, all the neighborhood kids would come to skate. The boys would even give us girls a small strip of ice at one end so we could skate back and forth while they played hockey. Those winter nights felt endless and full of magic!



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, flood and loss. We request that tenants provide a copy of their tenant insurance agreements to their Resident Managers for their records at resident.insurance@metcap.com.