

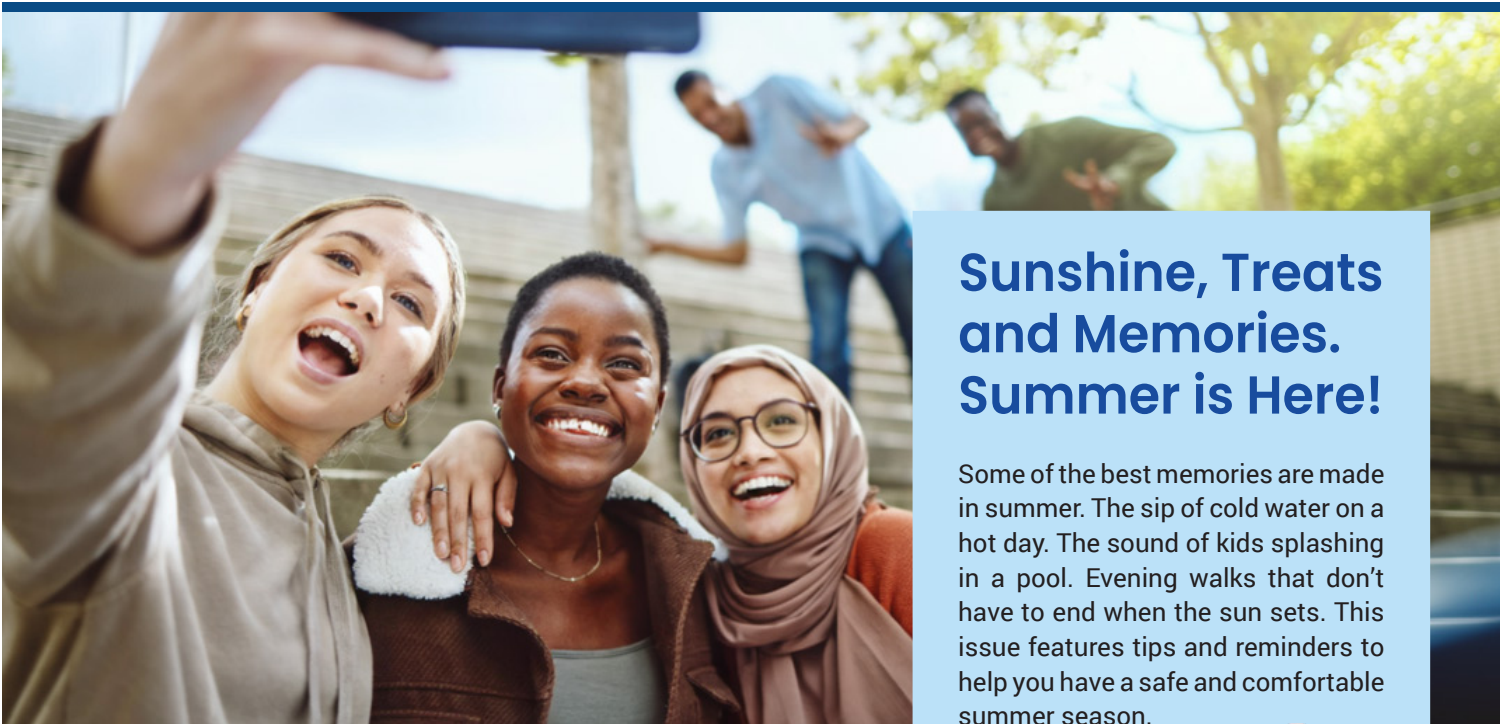


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SUMMER
2026

neighb^ours

METCAP LIVING RESIDENTS NEWSLETTER



Sunshine, Treats and Memories. Summer is Here!

Some of the best memories are made in summer. The sip of cold water on a hot day. The sound of kids splashing in a pool. Evening walks that don't have to end when the sun sets. This issue features tips and reminders to help you have a safe and comfortable summer season.

Stay Vigilant, Stay Safe

We'd like to remind all caregivers that children must be supervised at all times while in common areas, outdoor spaces in front of buildings and in parking lots. Please be mindful of noise in common areas. Playing in parking lots, corridors and stairwells is prohibited.



Playground



Parking lot



Common area



Stairwell



Beatin' the heat



With the summer fun comes the summer heat. The following tips will help you feel cool and comfortable all summer long.



Window coverings help more than you think.

Keeping curtains and blinds closed can make a big difference on hot days.



Municipal cooling stations.

Municipalities across the country offer cooling centres to help you beat the heat. Information about these centres can be found on your city's website or boards in local libraries, community centres and stores.



Fans are your friends.

Strategically placing fans around your unit can make the hottest of days easier. Be sure to turn them off when you leave the room to conserve energy.



Spend the day by the pool.

Many parks and community centres have public pools and splash pads that are free to use.



We're looking for yummy summer recipes to try this summer. Share your simple recipe for a chance to win a prize!

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

E-bikes and E-scooter Charging



Many cities are reporting an increase in fires caused by the charging of e-bikes and scooters or use of the batteries. Here are important safety considerations to keep in mind if you use these small electric vehicles:

- Do not overcharge your battery or leave it charging while you are away from home.
- Remove the battery and bring it inside if you are storing your bike or scooter outdoors. Leaving the battery in can lead to overheating.
- Do not charge your e-vehicle near an exit. This can block access to your home in the event of an emergency.
- Always use the battery that comes with the device. Do not alter it in any way or use a battery that is not approved for the specific device.
- Only use supplier-recommended chargers.

Balcony Safety Tips

We want to share important safety reminders with all residents in preparation for the summer months.

- Did you know a smouldering cigarette can stay lit for hours before it catches on fire? Please do not dispose of cigarette butts by throwing them off your balcony as this can cause injury to your neighbours or fire damage to other units.
- Barbecue use on balconies is strictly prohibited. Do not store gasoline canisters on your balcony.
- Always supervise children when they are playing on balconies.
- Do not throw things off your balcony. This can hurt others or damage property.

Window Maintenance



Window restrictors are an important safety measure. Please report any damaged or improperly installed window restrictors to your Resident Manager right away.



OFFICE CLOSURES

- John Baptise Day – Wed, June 24, 2026 (Quebec)
- Canada Day – Wed, July 1, 2026 (All provinces)
- Civic Holiday – Mon, August 3, 2026 (British Columbia, Ontario and Nova Scotia)
- Labour Day – Mon, September 7, 2026 (All provinces)



CONTEST WINNERS

Congratulations to the winners of our winter contest!

Arash. North Vancouver, BC

I love how cherry blossoms bring soft pink to the streets, magnolias add bold, elegant blooms, and the Pacific Dogwood feels. Seeing them all together makes spring feel fresh, peaceful, and alive.

Olha Y. Vancouver BC

My favourite flowers are marigolds also known as Tagetes. They do not have a showy elegance but they carry a special kind of warmth and almost homelike beauty that catches your eye right away and gently stays with you.

Caitlin. M. Burlington, ON

My favorite flower is a Snapdragon. I remember playing in the garden as a kid and squeezing the side of the bloom to make it look like a mouth opening and closing. I still love Snapdragons today and show my kids the trick whenever I see them!

Joyce F. Oshawa, ON

My favourite spring flower is the hyacinth. Their beautiful blooms and oh so heady fragrance make me feel calm and relaxed. My second favourite bloom is lilacs. These are both incredible blossoms that inspire my soul.

Catherine R. Brampton, ON

My favorite of all the lovely spring flowers is the Falls Peach Begonia. I discovered them when my son took me to a garden centre to pick out some flowers for Mother's Day. Every year I make the trip to search for this most beautiful flower. It has become my favorite.

Umer T. Toronto, ON

The tulip is one of my spring favourite flower. After a long winter it doesn't creep quietly it blooms boldly, almost like a reminder that warmth and change do not need permission.



Tenant Insurance

Tenant insurance is legally required in most municipalities when renting a property. It could help cover your personal property against common risks such as theft, fire, flood and loss. We request that residents provide a copy of their tenant insurance agreements to their Resident Managers or email resident.insurance@metcap.com for their records.