

Fall is here!



Fall is a time of growth and renewal. The weather is crisp but pleasant, the changing leaves are nothing short of breathtaking and there is a peaceful calm in the air.

In this issue, we're sharing important fire and home safety tips, preparing for winter and contest winners.

Preparing for cooler temperatures



Changing weather can sometimes cause fluctuating temperatures inside units. Here are a few things you can do to help keep your unit cozy and warm:













- 1** Remove and store your AC units during the colder months.
- 2** Make sure curtains and furniture are not blocking heaters.
- 3** Report any maintenance issues with windows, balcony doors or screens to your Resident Manager right away.



HELPFUL TIPS

FIRE SAFETY

Fire prevention is everyone's responsibility. Here are critical things you need to keep in mind when it comes to fire safety:

-  Discuss an escape plan with your family in case of fire. Make sure everyone knows how to safely evacuate from the building.
 -  Let management know if someone in the home is unable to evacuate without help.
 -  Keep all flammable items away from heat sources. Always check labels to see how different items should be stored.
 -  Unplug countertop appliances when not in use.
 -  Make sure stoves, ovens and appliances are off when you're done cooking and before leaving home.
 -  Do not throw cigarettes off your balcony.
 -  Keep your balcony clutter-free. Storing propane tanks on balconies can be very dangerous. Please remove any tanks you may have stored on your balcony.
 -  Do not place extension cords under carpets or across doorways.
 -  It's recommended that you use CSA or ULC-approved items.
 -  Never leave candles burning when you are not in the room and do not light them near things that can easily catch on fire such as curtains.
 -  Ensure decorations such as lights and holiday trees are properly installed to avoid sparks.
 -  Always stay in the kitchen when cooking and be careful when working with high temperatures or grease.
- Fire safety is very important. Always be careful when dealing with fire hazards.



TENANT INSURANCE

Tenant insurance is critical to have when renting a property. It helps cover your personal property against risks such as theft, fire and loss. Residents are encouraged to provide a copy of their tenant insurance agreements to their Resident Managers for their records.




Smoke detectors

Smoke detectors help save lives in the event of a fire-related emergency. Please do not remove the batteries from your smoke detectors. These are critical tools for fire safety and prevention. Change the batteries if your smoke detector is beeping or contact your Resident Manager for further assistance.



Unit doors

Please do not leave your unit doors open. Cooking smells, fumes from products or noise can be disruptive to your neighbours. Leaving the door open can also lead to safety issues. An alternate option is to leave windows and doors open when possible, such as on warmer days.

 **IMPORTANT NUMBERS**

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



SUMMER CONTEST WINNERS

Thank you to all those who entered our Summer contest. Here are the winning entries, which may give you some ideas for next summer.

Francisco M. (Toronto)

My family goes crown land camping at least once every summer. It's pretty much camping but on land that isn't professionally maintained. You get to the camp grounds by canoe or kayak, collect your own firewood, filter the lake water, bathe in the lake and go to the bathroom in a ditch/bush. We've gone five summers in a row now and we love it.

Lila G. (North Vancouver)

Picking berries in the wild is my favourite summer tradition. I grew up in the San Francisco Bay Area and there are wild blackberries everywhere. People go out with buckets and pick them all throughout August. Now that we live here in BC and we have seen that there is an absolute abundance of wild berries, the tradition continues. We are, however, very mindful that picking berries deeper in the woods should be done at a minimum since they are a major food source for the wild life; we limit our berry picking to more urban spots and we never pick more than we will use that day.



 **HERE WE GROW AGAIN!**

We're excited to welcome the following building to the MetCap family!

- 430 Ferndale Drive South
| Barrie, Ontario

FALL CONTEST

Share your best unique fire safety tip for a chance to win a prize!

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