

Coming Soon Annual General Meetings Party Room

Essex II Town Hall

March 24

7:00 pm

Essex II AGM

April 14

Registration

7:00 pm

Meeting

7:30 pm

Essex I AGM

April 28

Registration

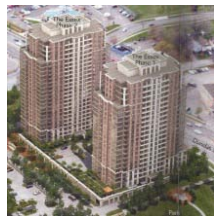
7:00 pm

Meeting

7:30 pm

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Essex 1 – TSCC #1577
Essex 2 – TSCC #1723
5229/5233 Dundas St. West
Etobicoke, Ontario
M9B 6L9 / M9B 6M1
www.theessex.ca

A Modest Refresh of Our Newsletter Look

We hope you like the refreshed look of our Newsletter.

We re-arranged a few things, printed on a slightly larger size, and the new paper makes us easier to read.

Check out our advertising page – some new

listings, some from our own community.

We still can't justify the high cost of printing in colour.

For our colour version and copies of all previous newsletters, go to our website, <http://www.theessex.ca/News.htm>

Holiday Gathering 2009 - A Festive Celebration



The festive bartenders and the other happy volunteers were proud of the generous foodbank donations from our residents.

Fun, Food, Prizes and Good Cheer

Essex residents came out in droves to celebrate the holiday season and meet and greet neighbours once again.

Many generously brought donations for the local food bank.

Two of our resident Essex Newsletter Advertisers, MarkGar Financial Management Inc. and M & A Solutions, Holiday Gift Baskets, donated items to the event.

Our external suppliers also donated a long list of items that were awarded to residents as exciting draw prizes:

- Al's Glass,
- Brampton Fire and Security Systems,
- Comfort Plus, Heating & Air Conditioning
- Executive Maintenance Services,
- Fitch Surveillance Systems,
- Group 4 Security,
- Gray's Plumbing,

- J. Edick Landscaping,
- Norkem,
- Pascal Group,
- Provident Energy Management Inc.,
- Rocktech Electric,
- Service Master, Canada
- ThyssenKrupp Elevator,
- Wasteco,
- Waste Solutions Group.

SPEAKING OF DONATIONS:

Essex residents received a big thank-you from STONEGATE Community Health Centre, where the extra candy and treats that residents donated at Halloween were distributed to children and youth attending their youth programs.

Child Water Safety Advice

The American Academy of Pediatrics (AAP) offers some sound advice about children and pools.

To quote them directly, ".....Because your baby won't be able to regulate his body temperature until he's around 6 to 12 months old, you need to make sure the water's warm enough.

The pool should be at least 84° to 86° F (29 – 30° C) for your baby to be comfortable. If he starts shivering, it's time to get out of the water.

[The Essex pool has a pretty consistent temperature of 84° F (29° C).]

Too much heat can be a problem, too. Hot tubs, spas, and pools heated to more than 100° F are off limits to children

younger than 5.

[The Essex spa is heated to between 102° and 104° F (39° – 40° C).]

Young children overheat more quickly than adults and the high temperatures in hot tubs can cause a child's heart to race or pose other dangers.

Finally, think about water safety.

Drowning and near drowning are leading causes of death and injury for young children.

The AAP advises that you practice "touch supervision," meaning that an adult needs to be within arm's reach of an infant or toddler at all times in or near a pool or any body of water.

Always hold your baby in the pool and

don't go in water too deep for you to maintain firm footing.

Teach your child to walk — not run — when near a pool and never enter the water without an adult nearby to supervise....."

The posted rules in our Swimming Pool and Spa area are consistent with these words of advice and in the item below.

Remember also,

"Swimmers who are not toilet trained must wear snug fitting rubber pants over a cotton diaper or suitable disposable swim pants or pool pant diaper e.g. Huggies Little Swimmers disposable swim pants etc. The changing of diapers is prohibited within the swimming pool."

About Hot Tubs and Pregnancy

For many pregnant women, sitting in a hot tub sounds like a great way to ease muscle aches related to pregnancy. It is important to use caution when choosing a hot tub for relaxation and pain relief. Hot tubs can cause *hyperthermia*, which is an abnormally high body temperature.

What is the concern with hot tubs during pregnancy?

According to the Organization of Teratology Information Services (OTIS), a body temperature of 101°F (38.3° C) and above can raise concerns during pregnancy. Some studies have shown an increased risk of birth defects in babies of women who had an increased body temperature during the first trimester of pregnancy.

The American College of Obstetricians and Gynecologists

(ACOG) states that becoming overheated in a hot tub is not recommended during pregnancy. ACOG also recommends that pregnant women never let their core body temperature rise above 102 °F (39 °C).

Although the specific degree differs, both OTIS and ACOG attest to the concern related to hot tub use during pregnancy.

Hot tubs are often factory programmed to maintain a water temperature of approximately 104° F (40 °C). The circulating water is constantly heated to maintain a steady high temperature in the hot tub.

It takes only 10-20 minutes in a hot tub to raise your body temperature to 102° F (39 °C) or higher.

You Need a Big Umbrella When It Rains In Your Suite

It bears repeating that in a high rise building a lot of what we do or don't do, ends up affecting others.

This is especially serious when it comes to plumbing and electrical issues. A mistake or carelessness in one suite can lead to expensive damage in others' suites.

Most of these types of incidents are preventable.

Do not leave running appliances, running taps or cooking unattended.

Do not put anything besides toilet paper in the toilet.

Other items may seem to go down easily but they can get caught in the pipes and build up over time leading to a clog and causing a flood.

(Such an incident happened recently in

Essex 2 caused in part by baby wipes that were flushed.)

The umbrella you need is called condo insurance. Make sure you have an adequate policy specifically designed for condos.

The right policy includes coverage for your unit and locker and any upgrades, flooring, window coverings and so on.

Provide your insurance agent with a copy of the Standard Unit bylaw (available in printable/emailable PDF on our website*) to understand what is **not** included in the Corporation's common elements policy.

A proper policy also includes liability coverage. If you cause a flood or fire, you can be held responsible to pay the corporation's deductible for any damage to the common elements as well as for

damage to others' property.

*For your Standard Unit Definition, go to http://theessex.ca/FAQ%20where.htm#where_5 and choose the Essex 1 or Essex 2 version.

Emergency Contact Information

Make sure your emergency contact information is up to date. For a very recent flood in Essex 1 caused by a faulty washing machine, management was unable to contact the resident on a timely basis. The result, a big surprise mess when he got home.

Please go to our website

www.theessex.ca

or tell the Concierge, or visit the Management Office to make sure your contact information is up-to-date.

Saving Electricity Is Always In Season

Our two condo buildings are unique with respect to electricity. One has meters in individual units; the other has the electricity as part of the condo maintenance fees. In the end it is the same result, wasting electricity costs you money. Here are some tips to help save energy.

Energy efficient bulbs or compact fluorescent bulbs (CFB) use less wattage. For example a 100w conventional bulb uses 100w of energy. The same CFB bulb uses 29w with the same light output. Please recycle these bulbs as they contain a small amount of mercury and

we do not want that ending up in land fill.

Plug the computer into a power bar.

Computers and related components use electricity even when they are not in use. Plug each computer component into a power bar that can be shut off to avoid wasting electricity with the 'standby' power feature.

At a minimum, shut off the computer screen. Your monitor uses 60% of the power used by a computer! (The other 40% is used to keep your hard drive spinning and to power the electronics.)

Who's That Calling On My Phone?

When a resident's phone rang one evening, the call came from someone using the enterphone in either the main entrance or the visitors' parking entrance. "Let me in," was all the caller said.

With recent security issues in our parking lot, we must also be very vigilant about strangers entering our building.

Please, never let someone in by releasing the door lock by pressing the magic number on your phone (9 in Essex I or 6 in Essex II) if you do not know the caller who is trying to enter.

Here's a tip: Check your TV cable channel for your building's closed circuit TV station,

focused alternately on the main entrance and the visitors' parking entrance. This enables you to see the person who is calling you on the enterphone.

As a courtesy to prevent your visitors from calling your neighbours in error, you can advise family, friends and delivery persons of your enterphone calling number.

Remember that for security reasons this number is not the same as your unit number, the likely reason for the occasional error. Your visitors are always welcome to request assistance from our helpful concierge staff to notify you when they arrive.

About The Home Renovation Tax Credit

Your Property Manager (in consultation with the corporations' auditor) is calculating whether unit owners at The Essex might qualify for the Federal Government's Home Renovation Tax Credit as a result of work done in the common areas of Essex I, Essex 2 and the Essex Shared Facilities.

Should some or all units qualify, each unit owner will receive a letter outlining how to claim the applicable amount in your income tax return.

If you carried out renovations in your unit (after January 27, 2009 and before February

1, 2010), it is up to you to determine whether you also have a claim for these qualifying expenditures. For all qualifying renovation expenses, you will need to complete Schedule 12 of your personal income tax return for the 2009 tax year, to see whether you have more than the minimum requirement of \$1,000.

We suggest you visit www.cra.gc.ca/hrtc for full instructions on qualifying expenditures directly from Revenue Canada.

In the meantime, stay tuned for your letter from the Property Manager.

New Bakery at Six Points Plaza

There is a lovely new bakery in Six Points Plaza called **Bake Sale**. As soon as I entered the shop, it seemed familiar to me. That's because during Taste of the Kingsway, I had visited its other location at 3076 Bloor Street West, just east of Montgomery Avenue. (Love their chocolate cupcakes!)

The delicious treats at Bake Sale include carrot cake, butter tarts, cupcakes, date

squares, birthday cakes, lemon squares, lemon cake, Chelsea buns, muffins, cookies, and more.

Bake Sale is definitely worth a visit.

- Monday to Friday, 10:00 a.m. to 7:00 p.m.
- Saturday, 9:00 a.m. to 6:00 p.m.
- Sunday, 10:00 a.m. to 5:00 p.m.

Bake Sale at Six Points, 416-792-6167

Bake Sale on the Kingsway, 416-232-2253

Your Essex Communications

Team:

Anne Bisson,
Cathy Kelly,
Bill McDougall,
Fred Reichl

To offer a suggestion:

Go to theessex.ca/Feedback.htm

Reminders

The traffic lanes in our underground parking lot are rather narrow.

Often drivers find themselves with three cars facing each other at the bottom of the main garage entry/exit ramp.

Feeling like three gunslingers in a John Wayne movie, they stare each other down, wondering who should be the first to make a move!

If you are already at the bottom of the ramp when the door opens, an exiting car does not have sufficient room to swing the corner and come up the ramp beside you unless you back up.

Here's a better way:

When entering by the main ramp, please use your FOB and wait

halfway down the ramp until the

door opens and you can see in the round mirror if anyone is coming.

We are supposed to give the right of way to exiting vehicles, anyway.

Inside, if you find a car driving up a parking lot lane that you want to drive down,

just drive over to the next lane so

that you do not run the risks of squeezing past each other.

Cars can be backing out of a parking spot or about to come around a corner or up or down a ramp. Only a slow speed can ensure that you don't bump fenders or even worse, hit someone walking to or from a car.

Always drive slowly and carefully!

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Not intended to solicit properties already listed FOR SALE

CONDO Stats Report from The CONDO KING

This District W07 Condo Apt. Sales in 2009
270 sold Avg: \$290,343 Med: \$265,000 Low: \$152,000 High: \$927,000

Essex 1 5229 Dundas St. West
22 sold Avg: \$285,134 Med: \$289,550 Low: \$218,700 High: \$373,000

Essex 2 5233 Dundas St. West
31 sold Avg: \$291,160 Med: \$273,000 Low: \$230,000 High: \$425,000

Nuvo 1 @ Essex 35 Viking Lane
37 sold Avg: \$294,111 Med: \$285,000 Low: \$200,000 High: \$500,000

Nuvo 2 @ Essex 25 Viking Lane
41 sold Avg: \$273,595 Med: \$270,000 Low: \$203,000 High: \$515,000

(Above MLS statistics as per Toronto Real Estate Board.)

Contact The CONDO KING,
STEVE Krstinovski, Salesperson since 1984
416-464-5464 cell Steve@CondoKingToronto.com

RE/MAX Condos Plus Corp., Brokerage
416-203-6636 office

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About The Essex

Visit Our Website
www.theessex.ca

For a wealth of information,
To update resident data,
To ask a question,
To offer a suggestion.

Concierges
(24 hours a day):

Essex 1:
416 239-0685

Essex 2:
416 239-2286

Moves/ Deliveries:

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Mon - Thu:
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Fri: 8am to 8 pm
Sat - Sun:
8 am to 5 pm

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