



2010 Essex Holiday Gathering

Thursday
December 2

7 – 9 pm

Party Room

Garage Power Wash

November
16, 17, 18

Please make sure
your vehicles are
removed promptly
on your day.

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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

New HST Impact Built Into 2011 Budgets

Despite intense lobbying, the Ontario Government imposed the Harmonized Sales Tax (HST) in July 2010.

When you get your 2011 Budget packages, HST will account for about 2.5% of the increase in maintenance fees reflecting the second half-year effect of the new Ontario HST.

Your Boards of Directors have had no choice but to reflect the new tax in both the 2010 and 2011 budgets.

Inflation, estimated at 3% for Ontario and other factors described in your building budget packages will add to that.

Essex 1 Organic Waste Program Working Well

By all accounts, Essex I residents are finding the new task of separating food scraps in their new kitchen containers quite manageable.

Just a reminder, that only biodegradable plastic bags are acceptable. They are available in any grocery store.

We have taken steps to install an exhaust fan in the recycling room to manage odours.

Our Property Manager has also worked with our waste hauling company to convince them that we should not be paying a premium for the pleasure of being green. Our total waste hauling cost is now the same as

before we started the organics program.

If you are a new resident and need some pointers on the program, drop into the Management Office and they will point you in the right direction. We all need to be in the green game.

Halloween Fun



Remember The Essex Community BBQ

The accounting has been done and we are happy to announce that the net proceeds after all revenues and costs are considered came out to be \$1,616.

A donation in that amount is being made to The Daily Bread Food Bank on behalf of Essex and Nuvo residents.

Congratulations to all who won and thank you to all who participated in the fun and who

generously bought draw tickets for the many valuable prizes donated by the generous local vendors, including Tridel!

And thank you again to all the Essex and Nuvo volunteers who made the day a success.

Movie Nite At The Essex – Fall Schedule

Nov 10	<u>Marmaduke</u> (G)	90 minutes	(Owen Wilson)
Nov 24	<u>Back-up Plan</u> (PG)	105 minutes	(Jennifer Lopez)
Dec 8	<u>Solitary Man</u> (14A)	90 minutes	(Michael Douglas, Susan Sarandon)
Dec 22	<u>Date Night</u> (PG)	88 minutes	(Steve Carell, Tina Fey)

To make **Movie Night at the Essex** a success, we need your help. If you feel you could assist, please contact:

Tulika at: 647 345 9184

Sylvia at: 416 232 0723

Tips For Essex Newbies And Not-So-Newbies

There is a song that has the words, “Everything old is new again.” Did you know that here at the Essex there is a resident turn-over of approximately 20% every year? That means that the tips we give in Essex News are constantly reaching new readers.

If you are new, we hope our tips assist you to settle in more comfortably. If you are a well established resident, we hope our tips provide helpful reminders so we can all enjoy our wonderful home.

Garbage disposal is always an important issue and it is handled differently in our two buildings. Essex 2 has one chute with a tri sorter system that directs garbage/recycling into a specific bin dependent on which button you push. Essex 1 has a chute on each floor for small garbage only and a recycle room with separate bins for paper products, plastic and glass, and our recent food waste disposal bins.

Regardless of which building you live in, we cannot emphasize enough the importance of putting the right items in the right disposal facility. There are signs that direct you to make the correct choice and your Welcome package, which is available from our website if you want an updated copy, has very helpful

charts.

Please remember that all paper boxes must be flattened before you toss them in the recycle facility. When wrong items are thrown in the wrong place or boxes are not flattened, there is additional cost involved for all of us.

The garbage doesn't go away for free! We pay a private waste handling company and mistakes add to the cost.

Our **maintenance fees** are payable to our condominium corporation by the first day of every month. While you may provide management with a year's worth of post-dated cheques, we strongly recommend using the super convenient and safe method of automatic pre-arranged electronic funds transfer.

Are you planning some **renovations**? Remember that you must first check with management in case there are any restrictions that affect your plans. In particular, structural changes require Board approval. To be a good neighbour, please confine noisy work to the hours of 9:00 am to 8:00 pm.

Speaking of **noise**, don't forget that music, television and appliances can sometimes be heard by your neighbours. Let's all be thoughtful of each other.

Be Energy Wise, Save Money Too!

In physics class we learned: “where there is an action, there is an equal but opposite reaction”.

The same can be said about energy costs: the more you use, the more the effect on your wallet.

Here are some helpful tips to save energy, water and money.

Water

- Keep a container of drinking water in the refrigerator to avoid running the tap unnecessarily.
- Thaw frozen foods ahead of time, not under running hot water.
- Do not use toilets for disposing of trash or waste paper.

Appliances

- Let hot leftovers cool down before putting them in the refrigerator.
- Set your refrigerator between 1.7 and 3.3 degrees Celsius and the freezer compartment to -18 degrees Celsius for maximum efficiency and food safety.
- Allow enough space for continuous air flow around your refrigerator as the motors and compressors generate heat. If heat is unable to escape, the cooling system has to work harder thus resulting in more energy usage.

Microwaves

- Defrost food using the natural method opposed to using the microwave.

Electric Ranges (Ovens)

- Thawing foods allows you to reduce the recommended cooking time by 30%.
- Keep your oven door closed. Every time that you open your oven door during cooking, the temperature drops 5 to 10 degrees.

Clothes Dryers

- Clean the lint filter of the dryer after every use. A clogged lint filter increases drying time.
- Dry towels and heavier cottons in a separate load from lighter-weight clothes.

Interesting Facts

- One drop per second from a leaky faucet will waste enough hot water every month for 16 hot baths.
- The average home washing machine is used 416 times per year.
- Refrigerators use 7% of the nations electricity.
- Refrigerators account for 25% of the average electricity bill.
- If each member of a family of four takes a daily five-minute shower, the family will use more than 700 gallons of water every week, which is a three-year supply of drinking water for one person.

Is Your Toilet Trying To tell You Something?

As our buildings age, it is inevitable that regular use leads to wear and tear and some areas or fixtures begin to need attention. This month we are focussing on toilets.

I had a learning experience a few months back that I thought I could share: When sitting on my couch or moving about in my unit, I would occasionally hear the toilet run for just a few seconds and then stop.

I sought out the opinion of one of our invaluable superintendents who diagnosed my unhappy toilet as being in need of a new "flapper".

On his recommendation, I travelled down Kipling to a plumbing supply store called

Noble Trade. Flappers however, are available wherever plumbing supplies are sold – see the photo below.



I purchased my new flapper and am proud to say I installed it myself.

I did this by shutting off the water just behind the toilet and flushing it once to drain the tank.

After replacing the old flapper with the new one, I turned the water back on and flushed again to fill the tank.

I haven't heard a complaint from my toilet since!

Do-it-yourself-ers, beware, however! Not all toilet "complaints" are created equal and your problem could be the more serious fluid master ball cock fill valve which requires expert installation.

Consult your superintendent to make sure which problem you have before you attempt to fix it.

The management office will give you the number of a plumber should you need one.

Your Newsletter Team:

Anne Bisson,
Cathy Kelly,
Bill McDougall,
Fred Reichl

To offer a suggestion:
Go to theessex.ca/Feedback.htm

Alert

**2011
Budget and
Maintenance Fees
package
mailed to owners:**

**Essex 2 - Nov. 16
Essex 1 - Dec. 1**

Go Easy, Go EFT

There is a form in the package to fill out to adopt automatic, monthly (*electronic funds transfer*) maintenance fee payments. Most owners already enjoy this convenient way to pay their maintenance fees.

The process is safe and you can stop it anytime you wish.

Stay Healthy This Winter And Remember

Keep your hands away from your face. Flu viruses enter the body through the eyes, nose or mouth.

Cough and sneeze into your arm, not your hand. If you use a tissue, dispose of it as soon as possible and wash your hands.

Wash your hands frequently with soap and warm water for at least 20 seconds to help remove bacteria and viruses. Wash before and after eating,

after you have been in a public place, after using the washroom, after coughing and sneezing and after touching surfaces that may have been contaminated. An alcohol-based hand sanitizer is also effective in killing viruses.

Keep common surface areas clean and disinfected. Doorknobs, light switches, telephones, keyboards, TV remotes, fridge door handles and other surfaces can

become contaminated with all kinds of bacteria and viruses. Regular cleaning and disinfecting of these surfaces with normal household disinfectants can help. Viruses can live on hard surfaces for up to 48 hours.

**Get immunized.
Get your seasonal flu shots.**

Make Sure Your Suite Information Is Current

For your own safety and security, it is important to keep the Management Office up-to-date on information about the people and pets living in your suite.

You can do so by dropping down to the Management Office or notifying your Concierge.

The most convenient way is to go directly to our website www.theessex.ca where you can easily fill in the appropriate form:

- Register who is living in your suite
- Telephone contact numbers for you and your emergency contact person
- Motor vehicle(s) and your assigned parking spot(s)
- About your pet(s)
- Resident(s) of your suite who need special assistance in an emergency



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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

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Uh...Oh, ...better get,



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About The Essex

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

Concierges
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Naturopathic and Allergy Clinic

Naturopathic Medicine Therapies Institute Ltd.

The Naturopathic and Wellness clinic was opened in 1990 by Dr. Fateh Srajeldin B.Sc., ND, and has emerged as one of the largest clinics of its kind in North America. Dr. Srajeldin graduated from the University of Toronto with a degree in Sciences and then went on to pursue a career in Naturopathy at the Canadian College of Naturopathic Medicine. Dr. Srajeldin has spent the past 20 years establishing a method of treatment that encompasses three key aspects: allergies, clogged arteries and digestive conditions.

Allergies are not a curse – it is of our own doing through several factors such as: poor diet by excessive overeating of fast food, overmedicating simple symptoms, the influence of a hectic work environment, lack or short period of breastfeeding, and overgrowth of yeast in the body. Dr. Srajeldin has proven over the past 20 years that what may appear to be a condition of hives and allergies was in fact nothing more than fungal buildup that has triggered the body to release histamine and cause various allergy conditions.

In his search for cholesterol treatments, Dr. Srajeldin came across studies that link the treatment of cholesterol by using natural substance (Phosphityle Choline) which helps to dissolve cholesterol of the walls of the arteries, repair the liver, and enhance the function of the gall bladder. This treatment could be taken both orally or through intravenous, noting that intravenous is extremely expedient and more efficient.

The digestive tract issues would respond to special enzymes that would enhance it's both its function and elimination within a short period of time. The enzymes break down the large molecules into smaller ones which would prevent buildup of gas, bloating and constipation like symptoms (i.e. ulcerative colitis).

This type of treatment was the main trigger that led people across the world to seek his therapeutic experience.

Should you have any further questions please do not hesitate to contact the clinic directly at 416.207.0207. You may also visit their website at www.4162070207.com