



MARK
YOUR
CALENDARS



ESSEX
COMMUNITY
BBQ

Sunday

July 19
12:30 - 2:30

ALL
Residents
Welcome

Just \$2.00
a meal

\$10.00 for
guests

Your
Newsletter Team:

Cathy Kelly,
Bill McDougall,
Jennifer Plant,
Fred Reichl



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

2015 AGM Election Results

Essex 1:

At the May 20, 2015 AGM, three directors were elected with terms based on the number of votes cast in their favour.

- **Carol Goldman** was re-elected for a three year term.
- **Doug Hubel** was re-elected for a three year term.
- **John Tan** was elected for a two year term.

We congratulate all candidates who put their names forward in nomination. For personal reasons, **Nick Giarratano** chose not to stand for re-election. Please join us in thanking Nick for his many years of valued contributions to the board in his role as Secretary/Treasurer.

Essex 2:

At the May 27, 2015 AGM, one new director, **Ruth Bartholomeusz**, was elected for a three year term.

We thank **Sam Bilko** for his years of service as an active member of the Essex 2 board.

Dundas Aukland Development - Update

We have been informed that following the public meeting this past January 20, the developer (Main and Main) has been working with the City's engineering group to finalize their servicing report.

It is anticipated that this will be ready for resubmission sometime in the next month.

City Planning is targeting September to submit a final report on the application to City Council.

We will see later this summer, the degree to which our continuing, voiced concerns about the

adequacy of planned retail and visitor parking have been addressed. Some minor modifications have been made to the design so far, the major one being that the tower has been pushed to the northwest corner of the development.

Right now, the good news is that the unsightly and unsafe derelict building has been demolished/ removed and the lot cleared of debris.

If approval does happen this fall, construction is still likely a couple of years in the future.

Sauna NO NO

WATER




Our Sauna is a DRY sauna. The rocks are heated by electrical coils. They HATE water. Water causes the heaters to fail.

So please, please DO NOT throw any water on the heaters to make steam.

Dry saunas are believed to relieve tension and stress, stimulate blood circulation, and help rejuvenate the skin through perspiration.

In a dry versus wet sauna, the heat is much more tolerable, but the actual effect on the body is better because the heat is reaching it directly, thus producing results more quickly. Because the body still produces sweat, humidity is present, so the body is still cooled and toxins leave in much the same way as with a wet sauna. It is believed, however, that the process takes place more quickly with dry heat, and that it is possible to spend more time in the sauna and reap the benefits for longer because of its tolerability.

Etiquette is Always Cool Whenever Using The Pool

If you and your swimming buddies like to enjoy a dip in our Essex pool, we hope you will keep these tips in mind for a fun and safe pool experience for everyone:

Pool Schedules are designed to help everyone have fun. Please observe the posted pool hours.

Adults only: 5:00 am – 10:00 a.m.

Family: 10:00 a.m. – 12:00 noon

Adults only: Noon – 1:00 p.m.

Family: 1:00 p.m. – 9:00 p.m.

Adults only: 9:00 p.m. – 12:00 a.m.

Please read and obey the rules posted in the pool, sauna and change room areas or listed at:

www.theessex.ca/rules.htm

Here are some highlights:

- Always take a warm water and soap shower before

entering the pool deck, being sure to wash off any lotions.

- No food or drinks are allowed in the pool deck area.
- No shoes or street clothes are to be worn in the pool deck area.
- Please do not put on body or foot powder in the change room. Wet powder on the floor is both messy and slippery.
- Never put perfume, oil, lotion or even water on the sauna stones.
- For everyone's health, do not use the pool if you have a communicable disease or open sores.
- Non-toilet trained babies and toddlers must wear snug

fitting rubber pants over a cotton diaper or suitable disposable swim pants or pool pant diaper.

- No inflatable children's toys or floats are allowed, except for CSA approved life jackets.
- Remember that you alone are responsible for the security of your belongings. Bring your own padlock if you are concerned about locker theft.

Ladies, please store your clothes in a locker, when you leave for the pool area.

Be considerate: keep the private change cubicles tidy and clear so they are available for use by others.

Taking Turns in the Exercise Rooms

Perhaps you have read "*All I Really Need to Know I Learned In Kindergarten*" by Robert Fulghum.

The first items on his list are "*share everything*" and "*play fair.*"

We use this as a gentle way to remind you that when you use exercise equipment in our exercise rooms, there might be other

residents waiting to use the same equipment.

In a spirit of fairness and sharing, there will soon be signs in the exercise rooms and/or on the equipment requesting that we limit our use of any device to no longer than 30 minutes at a time.

We kindly ask you to please

honour this request so everyone can have a fair turn.

Thank you for your co-operation.

Oh yes, Fulghum's list also mentions *putting things back where and as we found them and cleaning up after ourselves.*

It's all a part of sharing fairly.

Toronto Fire Seminar Follow-up

On April 22, your Boards of Directors hosted a Toronto Fire Services-led safety seminar attended by fifty or so interested residents here in The Essex Party Room.

One of the topics that received considerable discussion was that of the new (October 2014) Ontario Fire Code: *Carbon Monoxide detectors will now be required near all sleeping areas in residential homes and in the service rooms, and adjacent sleeping areas in multi-residential units.*

Carbon Monoxide alarms can be hardwired, battery-operated or plugged into the wall.

CO detectors/alarms have been mandatory in new homes and other

residential buildings since 2001 through the Ontario Building Code.

The Essex buildings have had such CO detectors installed since inception: in the PH level suites, (because of proximity to the gas boilers in the roof utility room), in the ground floor level suites (because of proximity to the garage) plus those suites with gas hook up to their balconies.

The Fire Services discussion leader emphasized the value of such detectors in homes and lauded the long overdue change in the regulation to require all family homes to have them in bedrooms.

While he acknowledged that high-rise buildings such as The Essex have been and continue to be in compliance with the

Ontario Fire Code requirements, owners should, in the spirit of an abundance of caution, consider having CO detectors present in their suites as well.

If owners are interested, they can have their current smoke detectors replaced with combination CO/smoke detectors. While these detectors are the responsibility of the unit owner, since they are attached to the building alarm system, the work must be arranged by the Corporation and the costs billed to the unit owner. In any case, in future when the current detectors need to be replaced, they will be replaced with the combination type.

Just contact the Property Manager if you are interested in acting now.



PLEASE

Obey

the

Posted

Speed

Limit

EVERYWHERE

in the

UNDERGROUND GARAGE

Walking Or Driving

Our Personal Safety

Depends

On It

Garage Traffic Flow Review

Feedback at the annual AGM's prompted us to take a new look at traffic flow in the parking garage.

Vehicle navigation in the garage has always been an area of concern.

The collective boards believe that safety is paramount.

Some of the noted concerns were:

- Who has the right of way?
- How do I know if my fob has actually

been activated?

- The daytime sun over the front ramp makes it impossible to see inside the garage.
- There are not enough mirrors.
- I can't tell if it's me or someone else in the mirror.

We are investigating warning systems that can easily be implemented.

We are exploring additional signage, mirrors and flashing

lights.

The one thing we cannot purchase is "common sense".

SLOW DOWN, be courteous to your neighbour.

STOP well away from the door and allow it to open before proceeding.

Watch for headlights and give some space.

If there is an oncoming car climbing the ramp, stop!

Every little bit helps to avoid accidents.

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"No other agent has sold more Essex/Nuvo condos"
* stat based on Toronto MLS from 2004 to present

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Events Calendar

Date	Calendar Item	Time of Day	Considerations for residents
JUNE - 2015			
Mondays	Zumba	7 pm to 8 pm	Open to all interested residents – fee applies
Tuesdays	Yoga	7 to 8 pm & 8 to 9 pm	Open to all interested residents – fee applies
Thursdays	Gentle Pilates	9 am to 10 am	Open to all interested residents – fee applies
Thursdays	Morning Coffee	10 am to 11 am	Open to all interested residents
June 3	Monthly Fire Testing	9 am to 5 pm	Be aware of test alarms and elevator interruptions
June 10	Monthly Generator Testing	9 am to 12 pm	Be aware of test alarms and elevator interruptions
June 29	Management Office Closed		Check with Concierge or use http://theessex.ca/contact.htm
JULY - 2015			
Mondays	Zumba	7 pm to 8 pm	Open to all interested residents – fee applies
Tuesdays	Yoga	7 to 8 pm & 8 to 9 pm	Open to all interested residents – fee applies
Thursdays	Gentle Pilates	9 am to 10 am	Open to all interested residents – fee applies
Thursdays	Morning Coffee	10 am to 11 am	Open to all interested residents
July 1	Management Office Open	9 am to 5 pm	Open for convenience of residents – closed June 29
July 8	Monthly Fire Testing	9 am to 5 pm	Be aware of test alarms and elevator interruptions
July 8	Monthly Generator Testing	9 am to 12 pm	Be aware of test alarms and elevator interruptions
July 19	Annual Essex BBQ	12:30 till 2:30 pm	Open to all interested residents – small fee applies
AUGUST - 2015			
Mondays	Zumba	7 pm to 8 pm	Open to all interested residents – fee applies
Tuesdays	Yoga	7 to 8 pm & 8 to 9 pm	Open to all interested residents – fee applies
Thursdays	Gentle Pilates	9 am to 10 am	Open to all interested residents – fee applies
Thursdays	Morning Coffee	10 am to 11 am	Open to all interested residents
August 3	Management Office Closed		Check with Concierge or use http://theessex.ca/contact.htm
August 5	Monthly Fire Testing	9 am to 5 pm	Be aware of test alarms and elevator interruptions
August 12	Semi-Annual Full Load Test	9 am to 5 pm	Be aware of test alarms and elevator interruptions
TBD	Essex I Fan Coil Maintenance	9 am to 5 pm	Suite access with escort guard. Ensure fan coil units are obstruction free.

Further follow-up from the Toronto Fire Services Seminar of April 22:

For those who missed it, please note the brochure (insert) provided by Toronto Fire Services at the meeting. And also please note that the Building Fire Plan referenced in the presentation is now also posted on our website. Just click on the FAQs tab and scroll down to **Where 8: Where do I find the Instructions to Occupants on FIRE Procedures?**

About The Essex

Visit Our Website
www.theessex.ca

- Information on your corporation,
- Annual events calendar,
- Update resident data,
- Book amenities,
- Ask a question,
- Offer a suggestion.

Concierges
(24 hours a day):

Essex 1:
416 239-0685

Essex 2:
416 239-2286

Moves/ Deliveries:

Essex 1 and 2:
Mon – Fri:
8 am to 8 pm
Sat – Sun:
9 am to 5 pm

Statutory Holidays:
NO Moves

Recreation Centre
5 am – 12 midnight

Exercise/Aerobics Room
24/7

Call your Concierge to book ALL Moves, Deliveries, Virtual Golf, Billiards, Board, Meeting Room and BBQs

Property Manager:
416 239-9786
Mon. – Thurs.
9 am - 5 pm
Summer Fridays
9 am - noon

Call the Property Manager or go online

For Party Room, & Guest Suites Reservations