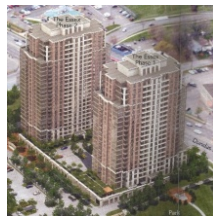


Wishing everyone
a happy and very
healthy 2017



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



NEW POLICY ANNOUNCEMENT

Did you know that the noise and vibrations caused by the weights being dropped can be heard and felt up to the 2nd floor by residents of Essex 1?

In keeping with the Corporation's By-Laws,

"No one shall create or permit the creation or continuation of any noise or nuisance which, in the opinion of the Board or Manager, may or does disturb the comfort or quiet enjoyment of the units or common elements by other owners."

USE OF FREE
WEIGHTS
IS RESTRICTED TO
THE HOURS
BETWEEN
7AM TO 11PM ONLY



Please do not drop
the weights
anytime

Newsletter Team
Carol Goldman
Cathy Kelly
Jennifer Morley
Michelle Rach

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

The Essex Community Celebrating the Holiday Season!

Children's party with Santa, our very own Elves and families! Sunday December 4, 2016

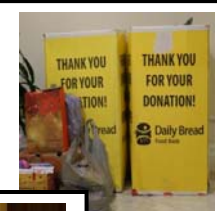
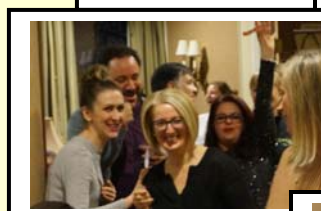
Many thanks to our Santa, Bill McDougall, and to Barbara Wildsmith for her photos.



Grown-ups having fun together on Dec. 6, 2016

Thanks for your donations to the Food Bank and thanks to our many suppliers and contractors for their generous door prize gifts!

Cheers to our bartenders, David Douglas and Mat Stiver-Balla, and to Martin Lai for his photos.
And thanks once more to our helper elves!!



Michelle and Doug
having fun calling out
the winning ticket
numbers!
Congratulations to
everyone!!



WHY KITCHEN STACK CLEANING IS ESSENTIAL FOR OUR CONDO BUILDINGS: PROPER MAINTENANCE CAN SAVE US THOUSANDS OF DOLLARS IN REPAIRS



The kitchen has the potential to be one of the messiest places in our entire condo. It is where we cook and dispose of food, where we eat, and where we are most likely to experience spills, splatters, and crumbs. However, there's another aspect to general kitchen grime that some of us may not be aware of: our kitchen drain. The pipes that run along the inside of a building from one kitchen to another is known as the kitchen drain stack – referring to the “stack” of kitchens that runs from the top of the building to the bottom. This interconnectivity can be highly efficient, but can also lead to significant issues when residents are not careful. This aspect also has the potential to become a very expensive problem when left unattended.

As people use their kitchen drains, build-up can result. This happens due to accumulations of food, fat, grease, and other materials that get poured down the drain, congealing and eventually causing full or partial blockages. These blockages can cause drains to operate inefficiently; either drains become sluggish, not carrying away waste water fast enough, or stop working altogether, resulting in standing water in the sink. Furthermore, bacteria can accumulate in these moist, oily clogs, eating through iron pipes and causing breakages. Don't treat your drains like a garbage can! We cannot stress the importance of this enough. Your garbage disposal, toilet, sinks, and other drains in your home simply aren't meant to accommodate the size and composition of many of the things we put down them on a regular basis - and our septic tanks and municipal waste systems aren't either. Please be mindful of what goes down your drains.

This leads to the need for kitchen stack cleaning. Kitchen stack cleaning can get highly expensive depending on the extent of damage. Although your condo boards schedule routine preventative maintenance to avoid damage, there have been times when unscheduled repairs have been necessary. In fact, in 2016 Essex 1 has spent \$8,995.00 and Essex 2 \$5,240.00 in unscheduled repair costs to clean out clogged drains!!!

In order to avoid such costly repairs consider the following:

- Lift up pop-up stoppers in the bathroom sink, remove any debris and put it in the trash, then rinse the stopper off and put it back in the drain.
- Place mesh screens over all of your drains - to catch hair, food particles, and other gunk. This is probably the simplest, yet most effective thing you can do to maintain clog-free drains.
- Brush your hair immediately before showering or taking a bath to help remove the majority of loose hair. The hair is caught in the brush and disposed of in the trash rather than down your drain. Some hair will still go down the drain, but this should help reduce that amount.
- Save cooking grease in an old coffee can or cardboard milk container. Then dispose of it in the trash.

DO NOT PUT THE FOLLOWING DOWN YOUR DRAINS, AS MOST CAN GO INTO OUR COMPOST:

- Grease, fats, or oils from cooking - This is a really broad category that includes meat fats, lard, vegetable oils, shortening, butter, margarine, and many dairy products. Some of this can go into our compost waste.
- Coffee grounds - they pretty much do the same thing grease does.
- Meat, poultry, and fish bones, as well as egg shells. Pasta, rice, and breads will expand with water causing blockages. And even if the water eventually drains, these foods are most likely still stuck to the inside of your pipes to cause another blockage next time. These all are compostable!
- Chemical drain cleaners.

A good practice is to:

- Run hot water through the sink after each use. Hot water keeps oils in food products running down the drain, rather than building up on the interior surface of pipes, which can make drains sluggish and lead to clogs.
- Throw a handful of baking soda into the drain and follow it with boiling water. Baking soda is a terrific cleaning agent, and it's also great for absorbing foul odours and leaving your drain pipes smelling like a rose. Okay, maybe not like a rose, but a lot better than they otherwise would.
- Pour 1 cup of vinegar down the drain and let it sit for 30 minutes; then chase it down with boiling water. Vinegar is a wonder cleaner. It contains acetic acid, which acts as an excellent organic solvent in removing organic build-up of crud in pipes. If clogging is a regular problem at your place, try this one out for size. It works on drains in sinks, showers, and tubs. You need 1/2 cup each of baking soda, and vinegar and a couple quarts of boiling water. Just before going to bed (to allow the solution to sit overnight).



Mesh screens can be bought at the dollar store and they are dishwasher safe!!

Essex Staff Safety Training occurs every 3 years!



In the case of an emergency in the workplace, the more staff members who have been trained in first-aid/CPR the better!

If there is an incident, a person who has received this training may be able to prevent further injury. Staff who are first-aid trained gain confidence in their skills, which makes a difference. These skills will enable them to respond competently and promptly to life's emergencies.



Library Reminders to our Fans!



Your volunteer librarians are delighted with the positive feedback that they have received about our new library. We are so glad that you are enjoying it and want to remind you of a few things regarding your donations.

Donation guidelines: Please exercise thoughtful discretion in making your donations. **Ask yourself if the book you wish to donate is of general interest to residents for their reading pleasure.** The toughest category seems to be non-fiction. Biographies, autobiographies, history and politics are most likely to be satisfactory, and perhaps sports and human interest stories. We also now have a cook book shelf. Unfortunately, due to our limited space, instruction books, almanacs, specific histories not of general interest (like the history of a car manufacturer), and "how to" books are not likely to qualify as "pleasure reading" and might not be of general interest to everyone. Please use your best judgment. If your book has a very specific audience, you might want to donate it to a more suitable place to reach that special audience or simply discard it in the recycle bin.

Remember, too, that if you find a book in our library that you would like to keep for yourself, you are welcome to do so. In that respect our library can be considered a book exchange, where folks donate books they no longer want so those books can go to a new home. We love to think our library has become a welcomed new addition to our Essex community. Enjoy it! Everyone is welcome!

Humidity at Home in the Winter

While some humidity is necessary for comfort and health, you must note any increase in moisture levels to alleviate any excess condensation.

Be aware that in winter, humidity levels of the intake fresh air that is heated and injected into our corridors is low, often below 20 percent. Humidity levels above 20 percent help prevent dry, sore throats and should make the air feel warmer and more comfortable.

So in winter, if the humidity levels in your suite are lower than you would like them to be, you'll have to invest in a humidifier.

If you rely on running your shower to raise the moisture levels in your suite, be careful. If the "steam effect" is too dramatic, it will set off the suite heat detector alarm. It also wastes water.

Good ventilation is important if humidity levels are high. Always use your bathroom fans when showering and your kitchen fans when cooking and your washer and dryer exhaust fans when doing laundry.

On the other hand, humidity levels over 40 percent can cause frosting and fogging of windows, staining of walls and ceilings, peeling paint, mould growth and odours. Condensation on your windows can provide a good indication of too much humidity.



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About The Essex

Visit Our Website
www.theessex.ca

- For information on your corporation,
- To see 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

Call the Management Office or go online to reserve the

Party Room, & Guest Suites

Events Calendar

Date	Calendar Item	Time of Day	Considerations for residents
January 2017			
Mondays	Zumba	7 pm to 8 pm	Open to all interested residents – fee applies
Tuesdays	Yoga	7 to 8pm & 8 to 9pm	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
Jan. 4	Monthly Fire Testing	9am to 5pm	Be aware of test alarms and elevator interruptions
Jan. 11	Monthly Generator Testing	9am to 12pm	Be aware of test alarms and elevator interruptions
Jan. 23 to Feb. 3	Essex I: In-Suite Fan Coil Maintenance and Dryer/Duct Cleaning	9am to 5pm	Make sure fan coil and laundry room are free from obstruction
February 2017			
Mondays	Zumba	7 pm to 8 pm	Open to all interested residents – fee applies
Tuesdays	Yoga	7 to 8pm & 8 to 9pm	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
Feb. 8	Monthly Fire Testing	9am to 5pm	Be aware of test alarms and elevator interruptions
Feb. 8	Monthly Generator Testing	9am to 12pm	Be aware of test alarms and elevator interruptions
Feb. 9	Pool Closed	8am to 7pm	Semi-Annual Power Clean
Feb. 14 - 21	Essex II: In-Suite Fan Coil Maintenance	9 am to 5 pm	Make sure fan coil unit(s) are free from obstruction
Feb. 20	Management Office Closed	Family Day	Check with Concierge or www.theessex.ca
March 2017			
Mondays	Zumba	7 pm to 8 pm	Open to all interested residents – fee applies
Tuesdays	Yoga	7 to 8pm & 8 to 9pm	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
Mar. 8	Monthly Fire Testing	9am to 5pm	Be aware of test alarms and elevator interruptions
Mar. 8	Monthly Generator Testing	9am to 12pm	Be aware of test alarms and elevator interruptions