

High Park VILLAGE News

December 2011



beinspired

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quick reference

Resident Service Centre
66 Pacific Avenue
Toronto, ON, M6P 2P4

Phone: 416-763-5691
Fax: 416-763-2582
Monday - Friday: 8am to 5pm
Wednesday: 8am to 7pm
Saturday: 9am to 2pm

<http://www.highparkvillage.com>

Staying Connected



Yes! It's true! We are pleased to announce that High Park Village now has its own newsletter. The newsletter will include important community news, information, and tips. The High Park Village Newsletter will be published quarterly. Please email Tanis Scherer at tscherer@minto.com should you wish to receive this newsletter electronically going forward.

DECK THE HALLS WITH BOUGHS OF HOLLY!



It's certainly that time of year again for hot cocoa, gingerbread houses, and holiday décor! The holiday season is the perfect time to create special memories with family and friends we love. We hope you have the best Christmas and Holiday Season for 2011!

HOLIDAY SAFETY TIPS

Follow these safety tips to keep yourself as well as your belongings in your vehicle safe from thieves this December:

1. Shop during daylight hours. When shopping at night, take a friend or family member.

2. Lock your vehicle. Keep all purchases locked in the trunk - not in the back seat visible to thieves.

3. Pay for purchases with a debit or credit card where possible. Always carry your Ontario Driver's Licence or an identification card along with you.

4. Beware of strangers who approach you for any reason. Con-artists may use various methods of distracting you during the busy holiday rush. (source: Toronto Police Services)

WHEN IN DOUBT...

Are there specific concerns you have regarding maintenance or administrative related matters? If so, please refer to the Resident Handbook or contact the Resident Service Centre.

After hours noise concern or emergency maintenance issue? Contact the Resident Service Centre where the automated service will connect you to the on-call Resident Manager.

GREAT RESIDENTS LIKE YOU MAKE FOR GREAT NEIGHBORHOODS!

We enjoy having people like you as our residents and neighbors. Thank you for making our community such a wonderful place to live. Remember: If residents refer friends/family to **Minto**, there could be lucrative incentives for you! And if they refer friends, those same incentives fall into their lap also. Call our office for details.

Merry Christmas & Happy Holidays

Keeping High Park Village Safe

Minto is adamant about safety at High Park Village. After all, we're not only a community but a village because of the vast area. Safety is a concern that we take seriously here at High Park Village. As you may be aware, there have been a small number of break-ins at High Park Village this year. These are truly unfortunate events that we are very concerned about. It is terrible how the actions of a criminal or small group of criminals can have such a negative impact on people's lives. Minto and the Toronto Police are working diligently on this matter. We are fully cooperating with the police in any way that we can.



To combat the actions of a criminal or small group of criminals, we met with local Toronto Police – 11 Division on November 8, 2011 to discuss community safety. During this meeting we reviewed the following:

- Information sharing with Police with respect to descriptions and video footage of any person(s) found loitering and/or soliciting on the premises.
- Expedited information exchange in the event of a security breach.
- Property layouts, access points and details.
- Support of plain clothing officers.
- Monthly meetings with security firm.
- Resident awareness – Vertical watch.
- Improved signage.

To help improve your personal safety and the safety of the community at large, we would like to remind residents and occupants to exercise the following precautions:

- Keep all valuable items (laptops, bags, cellular phones, handheld gaming devices, loose change, etc) out of view inside your vehicle(s) to deter theft.
- Ensure that all entry doors are completely shut behind you after each use – we ask all residents, guests and occupants not to allow other people into the building if they are waiting in the entrance areas.
- Report any doors where security may be compromised to the Resident Service Centre immediately.
- Do not let unfamiliar people into the building (ask them if they have a key fob if they claim to be residents).
- Do not let unfamiliar people into the building (if they are waiting to be buzzed in by a resident advise them that they cannot enter the building until they are buzzed in by the resident they are visiting).

Additional Information



In support of Community Mobilization efforts, The Toronto Police Service (TPS) is pleased to introduce the TPSlinks system. TPSlinks is community automated notification system that delivers vital information to residents and business owners within the City of Toronto. Message types and user delivery profiles can be tailored to meet the needs and preferences for each registered community member. Community members can choose to change their profile or unsubscribe at anytime.

Sign-up to receive Toronto Police Service automated phone, text and now e-mail messages about what's happening in YOUR neighbourhood. For more information, to register, or to update your existing profile simply go to the Toronto Police Service website at www.torontopolice.on.ca and click on the TPSlinks icon or e-mail TPSlinks@torontopolice.on.ca.

In winter, the sun sets earlier, a chill fills the air, and we spend less time outside being active and more time inside eating starchy and sugary foods. Our hibernating instinct doesn't keep us healthy. Rather, our immune system takes a hit, allowing winter colds and flus to grab hold. Take the following steps to keep your energy up, your immune system strong and your body healthy all winter long.

1. **DRINK HEALTHY FLUIDS.** Drinking six to eight glasses a day of water or herbal tea can keep your digestive system healthy, your weight down and your energy up. This is especially important over the winter months to help flush the system. Green and white teas are also wonderful antioxidant-rich options to keep you healthy throughout the season.
2. **GET SOME Z'S.** Sleeping is one of the most effective ways to refuel after a stressful day. Make sure to sleep in a dark room to ensure your body properly secretes the hormone melatonin, which is believed to help repair the immune system.
3. **AVOID ADDED SUGARS.** Turn to naturally occurring sugars found in fruit for some sweetness. If you crave chocolate, go for dark chocolate (minimum 70 percent cocoa), which contains plant phenols that have been shown to lower blood pressure. Cut up squares and store them in your freezer. Grab one or two when you need a sweet treat.
4. **GO FOR GARLIC.** The sulfur-containing compounds in garlic help increase the potency of two important cells of the immune system, T-lymphocytes and macrophages, which in turn help battle colds. Eat garlic raw or cooked for an immune system boost.
5. **MOVE IT.** Don't succumb to inactivity this winter — hit the yoga studio, run on the treadmill, take the stairs or suit up and head outdoors. A brisk walk burns calories, gets the blood flowing and increases energy. Keep yourself healthy and happy!

Combating Bedbugs!

As you may already be aware bedbugs have become an increasingly common problem in the Toronto area. We at High Park Village are dedicated to ensuring our community remains bedbug free. As such, we have compiled a list of preventative measures that when practiced, should assist in limiting bedbugs within the community.

Suspect Bedbugs?

- Notify the Resident Service Centre immediately.
- Inspection of your suite will be arranged.
- If bugs are confirmed, Management will implement Bed Bug Protocol including providing residents with a detailed preparation plan.
- Minto embodies a block treatment method wherein the infected and all neighboring units receive treatment.

Used Goods & Donations



It's exciting shopping vintage, check out flea markets or even visit garage sales. However, the history of these items is often unknown – thus, may have been in contact with bedbugs.

To help limit the risk, take the following steps:

- Before purchasing any used goods, make sure you inspect the item thoroughly for signs of pests.
- Avoid bringing unknown donations into your home.
(*Note: this includes books from the laundry room)
- Avoid taking furniture or large bulk items from any disposal or garbage area.
- Avoid storing or placing personal items in building common areas

NOTE: Remember to also inspect any new purchases, including the bag the goods come in as they are also susceptible to bed bugs.

Travel Pointers

We all love a great trip abroad. See below for some simple pointers on how to avoid bedbugs during your adventures:



- Research hotels before you book
- Choose the right luggage: metal or plastic over fabric
- Seal clothing in air tight bags
- Inspect your room before you settle in by checking the mattress piping for eggs, fecal stains or molted exoskeleton's
- Place luggage on rack, not on floor
- Check clothing, body and luggage for bugs prior to leaving hotel to limit transfer to your home
- Safely unpack and treat luggage and clothes when returning home

What's new @ high park village?

Monthly Resident Giveaways!

October Giveaway: 4 tickets to Halloween Haunt @ Canada's Wonderland

Winner: Jerome M. of 35 High Park Avenue

November Giveaway: \$100 Gift Certificate to Bark & Fitz

Winner: John R. of 111 Pacific Avenue

December Giveaway: 4 Tickets to the National Ballet of Canada's The Nutcracker

Winner: Anthony P. of 35 High Park Avenue

save**THE** date
CALENDAR OF EVENTS

January 2012 - Happy New Year

Coffee Monday - January 9

Movie of the Month - January 20 (movie TBA)

Women's Book Club - January 26

February 2012 - Happy Valentine's Day

Coffee Monday - February 6

Movie of the Month - February 17 (movie TBA)

Women's Book Club - February 23

March 2013 - Winter is Almost Over!

Coffee Monday - March 5

Movie of the Month - March 9 (movie TBA)

Women's Book Club - March 29

WORDS IN WORDS CORNER

You can sometimes make words using the letters in a larger word. For example, from the word "tube" you can make "be," "bet," "but," and "tub." Now onto a harder one: How Many Words Can You Make From the Words "JUMP ROPE"?

(Hint: we found 32)

Answers: Emu, jumper, me, mop, mope, more, or, ore, our, pep, per, perm, poem, pomp, pop, dope, pore, pour, prep, prod, prop, pudp, pumper, pudp, pure, romp, rope, rue, rum, rump, up, npper.

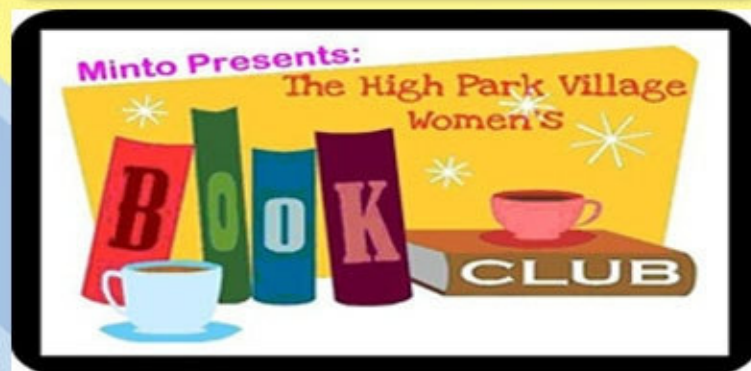
Resident Movie Night

Stay tuned for High Park Village's Movie of the Month invites and updates!

Movies are shown in the Media Room located at 66 Pacific Avenue.

If you have any suggestions or comments about High Park's Movie Nights please contact Tanis Scherer via email at tscherer@minto.com

We look forward to hosting you for our next movie!



We are very pleased to announce that High Park Village will be hosting its first Women's Book Club. It will be spearheaded by our very own resident, Diane Zorn. RSVP to Linda Pacheco at 416-763-5691 ext. 221 or via email at lpacheco@minto.com

SUDOKO

		8		3	6			2
			7					1
7		6	1		4			8
1				5		8	2	
	9		8	7	2		6	
	2	3		4				7
6			2		9	1		3
	7				5			
2			3	1		4		

ANSWER KEY

6	9	4	7	1	3	6	8	2
6	8	2	5	9	4	6	7	3
3	4	5	2	8	6	1	7	9
8	2	3	6	4	1	6	9	7
5	9	4	8	7	2	3	6	1
2	4	7	9	5	3	6	8	1
7	6	7	1	2	4	9	3	8
4	3	2	7	9	8	6	1	5
9	1	8	5	3	6	7	4	2