



## Community Watch Program

In December 2005, Hyde Park in Leaside introduced a Neighbourhood Watch program. While we are fortunate to live in a neighbourhood with a low crime-rate, we experienced incidents of vandalism and theft during the construction of our Phase 3 condominiums. In an effort to be proactive during the completion of Phases 4 and 5, we contracted the services of a security firm; you will have noted the presence of a security guard on-site. We would like to encourage all our residents to be vigilant of any evidence of suspicious individuals loitering on or about the construction site. If you see anyone you don't recognize hanging around - perhaps a strange vehicle that continually cruises our streets - don't approach them, just write down the license plate and report such activity to the staff in the management office. If your report results in an arrest for theft of building materials or property vandalism at Phases 4 and 5, Hyde Park will pay you a reward of **\$500.00**. Remember this community is your home and we all share responsibility for the safety and security of our neighbourhood.

## Annual Food Drive



As you may recall, Hyde Park in Leaside participated in the GTAA-FRPO sponsored annual food drive last year. Because of your generosity, Hyde Park residents raised more than 650 pounds of food in the course of a 2½ hour period. This year, drive organizers have developed a new logo and renamed this annual event - **SPRING H.O.P.E. FOOD DRIVE**. - with H.O.P.E. standing for Housing Owners and People Everywhere. The drive is scheduled for **Tuesday, April 24<sup>th</sup>, 2007**. We ask that you once again open your hearts and cupboards and give generously to this worthy cause. Let's try to break the record this year and see if we can't raise more than **1,000** pounds of food for local food banks.



## Burn Calories-Build Muscles

With the approach of warmer temperatures and bright, sunny days, we want to spend more time outdoors and perhaps focus more on getting "in shape" and losing weight. As many of us have come to realize, weight loss is much more than simply dieting. To really lose weight and keep it off, you need to add an exercise program to the equation. For some this means aerobics, running, jogging, kick boxing or some similar routine where you increase your heart rate for 30-45 minutes.

While it's true that these activities will certainly burn more calories than one hour of weight training, it's also true that the calories burned during exercise are only part of the story. Did you know that when you've finished lifting weights, your muscles need to repair themselves and this repair process also burns additional calories? The result - additional muscles - and muscles burn calories even when you're just sitting around.

Recently, Curves Fitness centers revealed the results of two separate studies that prove just that. The studies showed that, on average, participants were actually burning an additional 265 calories per day because of additional muscle mass - meaning they could actually eat more everyday without gaining weight. Well color me happy!!

So if you want to pack on those muscles and burn more calories, try adding weights to your regular fitness routine. **NEWS ALERT!**: Everyone interested in starting a serious fitness program, watch for a flyer from Pure Fitness a new facility in our neighbourhood that will be offering Hyde Park residents a discounted rate.

## Refer a Friend-Make Extra Money!



With the busiest moving season of the year almost upon us, we'd like to remind you that Hyde Park in Leaside will reward you for every relative, friend or colleague that you refer to our rental office. Hyde Park Properties will pay you **\$200.00** for every referral that results in an approved application. So remember us...turn a friend into a neighbour.... make some extra money at the same time!



## Do You Recycle? Do You Know What to Recycle?

Most of our residents are aware that at Hyde Park in Leaside, we are on the City of Toronto's green-bin (food-waste) disposal program and are diligent in ensuring that their garbage is placed at the curb every Thursday morning before 7:00 am. However, we thought that some of you might need a reminder as to those products and disposables that qualify for your recycling bins and those that do not. Detailed below is a fairly comprehensive list of those items that can be recycled and those that should not be put in your blue or grey bins.

### RECYCLE

- Cardboard cans such as frozen juice cans, refrigerated dough, powdered cleanser etc.
- Plastic food jars, tubs and lids such as margarine, yogurt, ice cream, cottage cheese etc.
- Plastic bottles and jugs with lids securely fastened.
- Milk and juice cartons
- Empty paint cans and lids
- Empty aerosol cans (remove and discard lids)
- Metal cans (put lid inside can and pinch closed)
- Glass bottles and jars (remove and discard lids)
- Aluminum rigid trays and pie plates
- Drink boxes (remove and discard straws)
- Household paper including junk mail, writing paper, computer paper, flyers and envelopes
- Paper gift wrap and cards (remove ribbons and bows)
- Paper egg cartons, rolls and bags
- Cardboard boxes such as cereal, tissue and detergent boxes (remove liners, plastic windows and flatten boxes)
- Newspapers and telephone directories
- Magazines, catalogues and books
- Corrugated cardboard (clean, un-waxed, flattened and tied in bundles)

### DO NOT RECYCLE:

- ☒ Plastic toys, make-up jars, tubs, fruit and vegetable containers, food storage containers, drinking cups, molded bakery trays, etc.
- ☒ Glass, light bulbs, pottery, mirrors, crystal, window glass etc.
- ☒ Metal coat hangers, pots and batteries
- ☒ Aluminum foil wrap and gas
- ☒ Fiber such as tissues, waxed paper, foil gift wrap, waxed cardboard.

For additional information regarding the City's recycling program, visit their website at [www.toronto.ca/garbage](http://www.toronto.ca/garbage).

## Another Successful Easter-Egg Hunt!

Despite the chilly temperature, we had a great turnout for our recent Easter-Egg hunt. We wanted to share some of those images with you and of course, we'd like to apologize to all you parents that had to put up with sugar-laden ankle-biters for the rest of the weekend!



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