

October 2021

Community Life



Office Hours

Monday – Friday
9:00 AM – 4:00 PM

Closed 12:00 – 1:00 PM for lunch

Please call (705) 436-1571 or email Sandycove@parkbridge.com to make an appointment.

Holiday Hours

Office will be closed October 11th for Thanksgiving

Coming up...

- Oct 1: National Seniors Day
- Oct 3-9: Fire Prevention Week
- Oct 5: World Teachers day
- Oct 6 & 20: Recycling
- Oct 6, 13, 20, & 27: Organic Pickup & Yard Waste
- Oct 10: World Mental Health Day
- Oct 11: Thanksgiving Day
- Oct 13 & 27: Garbage
- Oct 18: Persons Day
- Oct 27: Battery Collection
- Oct 31: Halloween

OCTOBER

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Sandycove Bus Hours

Every Wednesday
9:30 AM In front of the office
9:35 AM Parkette
9:40 AM Flora Dr & Cedar Grove
9:45 Wheel Parking Lot

Thanksgiving Wishes

Wishing you, your families, friends, and neighbours the very best this Thanksgiving and for the season ahead. With the challenging year we have had, Thanksgiving will be a welcome opportunity to pause and reflect on all we can be thankful for. Thank you for your continued support in making this a safe and welcoming community for all our residents.



Making Mental Health a Priority

October 10th is World Mental Health Day. At Parkbridge, our staff will be taking part in mental health activities throughout the month, and we encourage our residents to make mental health a top priority too. If you're not sure where to start, many helpful resources are available online, such as <https://ca.portal.gs/> and <https://cmha.ca/>.

Spooktacular Pumpkins

Join us for a ghostly competition and transform your pumpkin into a carriage, or maybe just a funny face.

Calling all artists to submit a photo to sandycove@parkbridge.com before the witching hour (midnight) on October 31st, 2021. 1st, 2nd & 3rd place winners will be announced on November 5th, 2021 and be presented with a gift basket of fall goodies.

Not confident with your carving skills? Don't let that hold you back, bring out your paint and craft supplies and most importantly have fun!

Riddle

I speak without a mouth and hear without ears I have no body, but I come alive with wind.

What am I?



Important Winter Maintenance

These maintenance steps can help make sure you stay warm and cozy when the snow flies.

1. **Heat tape:** Heat tape prevents your water lines from freezing. Check your heat tape at least once a year to make sure it is properly installed and working (including heat tape in the culvert at the service valve).
 - Check for cracks or tears in the wire.
 - Do not install heat tape over insulation.
 - Never fold heat tape and do not plug it into an extension cord.
 - Only purchase heat tape that is recommended for the type of pipe that it is being used on.
 - Different types of tape may have different instructions: Make sure yours is installed according to the manufacturer's directions.
2. **Home skirting:** Check that your skirting is secure and in good condition. Repair any holes or missing pieces. During winter, shovel snow away from skirting to avoid damaging it.
3. **Sewer lines:** Check that the sewer line maintains a constant slope with no sag, is supported by blocks or hangers as needed, and is not leaking. The sewer line should be empty (not holding water)—if it isn't, the slope may need to be adjusted.
4. **Furnace:** Make sure exhaust and intake vents are clear and check that it's working before temperatures drop. Be sure to change your furnace filter regularly.



5. **Air leaks:** Reduce heat loss by sealing around doors, windows, and electrical outlets to reduce air leaks.
6. **Tidy Outdoors:** Check and clean your eaves, gutters, and downspouts, put away garden hoses and drain outdoor water lines, and put away rubber curb ramps or other outdoor items that might get damaged by snow maintenance.

Don't hesitate to contact the office if you have any questions or would like more information.

Online Resident Portal

Have you set up your account on our [Resident Portal](#) yet? It's a handy spot to find commonly used forms and community information. Communications were sent out earlier with instructions on how to get started. If you have any questions or need help, please contact the office.

Talented Neighbours

It will come as no surprise to Sandycove residents to hear that we are among some talented individuals. This summer one was recognized for taking part in a story writing contest held by Parkbridge during Neighbour Week.

Dorothy King submitted two stories and one was the chosen winner! Congratulations and thank you Dorothy for sharing your talent with us.

Fire Prevention Week: October 3 – 9

Given the year we've had with wildfires across the country, Fire Prevention Week holds extra significance. Officially, this week takes place October 3rd through 9th, but fire safety is something we can practice year-round. There are lots of resources at [nfpa.org/fpw](https://www.nfpa.org/fpw) including tip sheets, a fire safety action plan template, activities for kids, and guides and FAQs about fire safety.