

HOME AT LAST®



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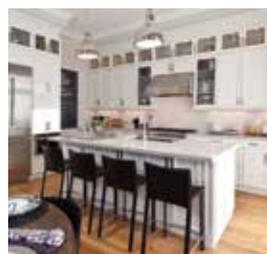
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HOME AT LAST®



SECTION 1

Homes To Fit Your Lifestyle

HOMES TO FIT YOUR LIFESTYLE

INTRODUCTION

Congratulations on the purchase of your new Heathwood Home...and welcome to the neighbourhood! You are now a valued member of our Heathwood Family.

Buying a new home is an exciting time and we thank you for having the trust in us to build the home of your dreams. The next step is to customize it to your tastes with the help of our Décor Store Consultants who will guide you in selecting the finishes and colours that fit your lifestyle.

Today's homes are built better than ever and are constructed according to a carefully coordinated schedule. Rest assured that our Heathwood team will keep you informed throughout the construction process and guide you along as you face decisions.

Thank you once again for choosing Heathwood Homes as your builder.

We look forward to welcoming you "Home at Last®"!

IMPORTANT CONTACT INFORMATION

Sales Representative

Décor Store Consultant

Service Representative

Lawyer

Bank Representative

Your Interior Designer

Insurance Broker



HOME AT LAST®

YOUR NEW NEIGHBOURHOOD



SECTION 2

Your Neighbourhood

LOCAL AREA

TELEPHONE DIRECTORY

To help make you feel Home at Last®, we've gathered all the important contact information you may need. Some you'll be call regularly, while others you might only need on an emergency basis. But when you do need them, they're all here for you in one convenient spot.

Whitby Municipal Office

905-668-5803
575 Rossland Rd E
Whitby, ON. L1N 2M8

Whitby Emergency

Fire & Emergency Services
Non-emergency- 905-668-3312
111 McKinney Dr.

Durham Regional Police

Non-emergency 905-579-1520
480 Taunton Rd E

Lakeridge Health Whitby Hospital

580 Harwood Ave S
905-683-2320

Whitby Public Works Department

905-668-3437
Operation Centre
333 McKinney Dr.

Whitby Hydro Electric Corporation

Customer service 905-668-8480
Customer.service@whitbyhydro.on.ca
100 Taunton Rd E

Enbridge Gas

Emergency: 1-866-763-5427
General questions: 1-877-362-7434
customercare@enbridge.com

SITE PLAN



Sidewalk locations have not been determined. Subject to approval of the Town. All plans and dimensions are approximate and subject to change at the discretion of the vendor. Landscaping is artist's concept only. E & O E.

45' HOMES
 36' HOMES
 26' HOMES

AMENITIES PLAN



PUBLIC SCHOOLS

1. Williamsburg Elementary
2. Jack Miner Elementary
3. Robert Munsch Elementary
4. Sinclair Secondary
5. Donald A. Wilson Elementary
6. Colonel J. E. Farewell Elementary
7. Captain Michael Vandenbos Elementary
8. Ormiston Elementary
9. Fallingbrook Elementary
10. Glen Dhu Public Elementary

11. Sir Samuel Steele Elementary
12. Earl A Fairman Elementary
13. CE Broughton Elementary
14. West Lynde Elementary
15. John Dryden Elementary
16. Julie Payette French Immersion Elementary
17. Henry Street Secondary
18. Trafalgar Castle International Boarding
19. Stephen G. Saywell Elementary
20. Belwood Elementary

SEPARATE SCHOOLS

1. Ecole secondaire catholique Saint-Charles-Garnier
2. St. Mark the Evangelist Catholic Elementary
3. St. Paul Catholic Elementary
4. Ecole élémentaire catholique Jen-Paul II
5. St. Theresa Catholic
6. St. Luke the Evangelist Elementary
7. All Saints Secondary
8. Father Leo Astin Secondary
9. St. Bernard Elementary
10. St. Matthew the Evangelist Elementary

PLACES OF INTEREST

1. GoodLife Fitness
2. Animal Emergency Clinic
3. Dental Offices
4. Whitby Animal Hospital
5. Civic Recreation Complex
6. Town Hall
7. Station Gallery
8. Landmark Cinemas
9. Whitby Curling Club
10. Abilities Centre
11. Service Ontario
12. Port Whitby Marina
13. Whitby Yacht Club
14. Haydenshore Pavilion
15. Courthouse Theatre
16. Life Time Athletic



HOME AT LAST®



THE DÉCOR STORE EXPERIENCE

SECTION 3

The Décor Store Experience

THE SELECTION PROCESS

Your Colour Selections Appointment

You purchased your new home, now it's time to select the colours and finishes that will make it your own.

Our Décor Store staff will contact you to schedule a colour appointment.

During your appointment, your Décor Consultant will guide you through our wide range of finishes and customized options available for your home.

So get creative, have fun and personalize.

How to Prepare Yourself for the Colour Appointment

Take some time to go through your Décor Appointment Checklist, found in this section of your Homeowner Directory. This will help you familiarize yourself with all the features you may wish to incorporate into your new home.

It's also a good idea to peruse the various home decorating magazines on the market and visit local model homes to see the latest decorating options and trends.

Keep a folder with photos and magazine pages that feature the colour scheme and details you like. Your Décor Consultant will help you select finishes that most closely resemble these images.

Heathwood Homes takes great pride in the standard features that we select for our homes in every community. We provide many standard options of tiles, cabinets, counters and flooring that you will be happy to select from. In some cases you may choose to upgrade these items to further enhance the look of your home.

You should outline a budget for your upgrades before you come in for your décor appointment. Then outline what is most important to you and focus on these areas when you make your upgrade selections. Your Décor Consultant will be happy to work within your budget to help you achieve your vision.

FEATURES & FINISHES

Décor Appointment Checklist

We have created this checklist to help you get ready for your Décor Appointment and consider all the options that will be available to you.

Remember to bring along this list and your questions to your appointment so your Décor Consultant can address them.

Kitchen Design

Your Colour Consultant will review the kitchen layout in your new home. Personalizing this space into your dream kitchen will entail many choices.

Customization items to consider:

- Kitchen Door Styles & Colour
- Countertop Colour
- Built-in Appliances
- Backsplash tiles
- Floor tile colour
- Glass door cabinets
- Upper valance lighting
- Lower valance lighting
- Bank of drawers
- Soft Door Closers
- Lazy Susan
- Wine Cabinet or Fridge
- Corbels
- Pot and Pan Drawers
- Range Hood Styles
- Style of Door Handles and Knobs
- Sink and Faucet Style
- Recycling Compartments
- Pantry Addition
- Chef's Desk

FEATURES & FINISHES

Kitchen Appliances

To complete the selection of your kitchen, we will need the dimensions of your existing or new appliances. Bring these dimensions to your Décor Appointment so we can ensure your kitchen is ready for your appliances.

Bathroom Design

Your Décor Consultant will review the layout of each bathroom. Remember that each bathroom can have its own colour and style that reflects a particular family member or be an extension of the adjoining room's décor.

Customization items to consider:

- Floor Tile Colour
- Shower and Bath Wall Tile Colour
- Floor and Wall Tile Patterns
- Vanity Colour and Style
- Colour of Countertop
- Sink and Faucet Style
- Shower & Spa Accessories
- Frameless Shower Enclosures
- Lighting Options
- Whirlpool or Freestanding Bathtub
- Bank of Drawers

Lighting

During your Décor Appointment the consultant will review standard light locations in every room of your home.

You can customize your home's lighting based on your lifestyle and the way in which you intend to use each space. So whether it's task lighting in the kitchen or feature lighting to highlight treasured art or artifacts, you can personalize each area specifically for its use.

Your home will come equipped with lighting fixtures in every room except for the Great Room and the Dining Room.

FEATURES & FINISHES CONTINUED

When modifying your lighting plan, think about options such as:

- Pot Lights
- Wall Sconces
- Kitchen Upper and Lower Valance Lighting
- Kitchen Task Lighting

Cable & Telephone Outlets

Your Décor Consultant will show you the location of all cable and telephone outlets in your home. Consider additional outlets based on your family's needs.

Fireplace

Your home may come equipped with a gas fireplace. You will have the opportunity to choose many custom fireplace finishes, which will include the hearth, mantle and facings.

Since a fireplace can be the focal point of the room, take your time in selecting the colour and style of your mantle.

Think about the look you are trying to achieve for your home such as modern, traditional, rustic, etc... and make your selection along the same design style.

Flooring

Floor Tiles

Think about the different colours and textures that would best suit each space. There is a large selection of ceramic, natural stone, porcelain and granite tiles to choose from. Think about tile patterns and how the colour and style transitions into the adjoining floor. Ask about the maintenance that might be necessary with some of the natural tiles and determine if you are willing to commit to those requirements.

Wood Flooring

Customizing your home with wood flooring is a wise investment. Wood is a natural product, varying in colour, texture, hardness and pattern. No two boards are alike but the overall affect can add a lovely warmth to your home. Consider the variety of stain colours, width and thickness options, smooth or hand scrapped textures, as well as matte or gloss finishes that may be offered. The choices are endless

FEATURES & FINISHES CONTINUED

Broadloom

Carpeting can add a soft and luxurious feel under your feet. It can provide a comfortable spot for kids to play as well as add warmth to the overall feel of any room. Our broadloom comes in multitude of colours, styles, patterns and even environmentally friendly options.

PREPARING YOURSELF

What To Bring To Your Colour Appointment?

Come with questions, sample pictures and ads from magazines, as well as photos and sizes of your current furnishings, which will be incorporated into your new home.

Bring along a cushion from your couch, a swatch of your bedding ensemble and perhaps even one of your dishes and towels, so that you can best complement your selections of carpeting, tiles, counters and cabinetry.

One last suggestion– bring in your digital camera or phone and take pictures of the selections for your future reference.

How To Pay For Your Upgrades?

Once you have completed your colour chart, you will have the opportunity to pay for your upgrades by cheque, Interac, or credit card (Visa & MC).

You also have the ability to amend your purchase price to include a portion or all of your upgrades to your mortgage with a 25% deposit.

Ask your Décor Consultant for the details.

PREPARING YOURSELF CONTINUED

Checklist:

- Discuss and review budget, payment options for upgrades
- Review collection features (Classic, Heathwood or County Lane)
- Optional cold cellar (for select model types)
- Window locations noting which ones are fixed and operational
- Optional smooth ceiling upgrade
- Fireplaces
 - Standard fireplace – raised approximately 6” from floor
 - Optional or additional gas fireplaces on select model types
 - Mantel style & optional hearth – ceramic, marble or granite
 - Variable speed fan kit
- Electrical
 - Standard electrical layout – exterior & interior outlets & switches
 - Standard locations for phone & cable rough-ins
 - Potlight package locations
 - Structured wiring – computer & audio wiring rough-ins
 - Additional rough-ins for ceiling fans, wall sconces & standard lights
- Bathrooms
 - Standard and upgraded faucets
 - Standard and upgraded cabinet and countertop
 - Standard and upgraded frameless shower enclosures & doors
 - Option to delete mirrors throughout
- Kitchen
 - Review of standard layouts
 - Water line for fridge ice-maker
 - Gas lines for stoves, cooktops & barbeque
 - Standard openings for appliances
 - Upgraded appliance specs, electrical outlet requirement, built-ins
 - Standard and upgraded hood fans & cabinetry
 - Lower valance, upper crown moulding, lighting, bulkheads & crumb vac

PREPARING YOURSELF CONTINUED

- Laundry
 - Optional base cabinet with laundry sink options for selected model types
 - Optional upper cabinets
 - Folding counters for selected model types above washer and dryer
- Stairs
 - Handrail, picket style, stair landings & carpet runners
 - Staining & painting
- Flooring
 - Standard and optional flooring selections
 - Standard metal thresholds
 - Grout
 - Colour of standard shower floor tile
 - Wood waiver for hardwood in kitchen area if applicable
 - Standard or upgraded underpad
- Granite & Quartz
 - Standard and upgraded selection groups & edge options
 - Polishing & cutouts to accommodate undermount sinks, slide-in range, cooktops
- Home Comfort
 - Humidifiers , air conditioning and heat recovery ventilation
 - Central vacuum locations
- Review of all interior finishing selections, upgrades, pricing, sketches
- Sign off on Interior Finishing Selection Sheets & Sales Selection Sheets

HOME AT LAST®



SECTION 4

The Construction Process

THE CONSTRUCTION PROCESS

TYPICAL OUTLINE

The Basic Stages Of Construction

Materials to build your new home are ordered well in advance and the construction coordination involves numerous suppliers, trades and professionals.

While there have been advances and innovations in the home building industry, the process has remained the same, with what is essentially a “hand-built” product.

Overall, the process of building a new home generally takes 6 - 8 months. As a Homeowner, you should be aware of the various stages that your home goes through, as your closing date approaches.

Stages of Construction

Stage 1 - Excavation, foundation and underground service

Stage 2 - Structural framing, windows and doors, rough electrical, mechanical and plumbing, masonry and stucco work as well as siding and roofing.

Stage 3 - Interior partitions, drywall, finish electrical, mechanical & plumbing

Stage 4 - Flooring, cabinetry and paint

Stage 5 - Final clean and occupancy

Building any home requires extensive coordination between site superintendents, contracted trades, municipal employees, consulting engineers and legal offices. Your most crucial contribution to this collaborative effort is your Décor Appointment at the Décor Store.

As soon as you finish your appointment and sign your colour chart, all finishes and selections are immediately processed, materials are ordered and the different trades are notified.

Now we are ready to make your dream home a reality.

BOOKING YOUR NEW HOME WALK-THROUGH

Your Safety Is Our Top Priority

We know exactly how exciting it can be when construction gets started on your home. We are just as enthusiastic and want you to have the first opportunity to see the progress.

A construction site is a hazardous place for those without proper safety attire or experience on the worksite and, because your safety is our top priority, any unsupervised entry is prohibited.

You can schedule a personalized New Home Walk-Through prior to drywall going up. At your Walk-Through you will be accompanied by one of our Construction Team Members who will carefully guide you through your home and help explain the details of what you see.

If you do wish to book a Walk-Through, we suggest the following steps:

- A. Contact your Sales Representative to request a Walk-Through Appointment.
- B. Co-ordinate time and date.
- C. Visit sales office just prior to appointment to pick up boots and hardhats.
- D. Meet construction staff at arranged location and time.
- E. Tour your home.

** No one under the age of 16 is allowed on site at any time, regardless of safety equipment. Only the individuals listed on the offer will be allowed to enter the property.*

PRE-DELIVERY INSPECTION (PDI)

Pre-Delivery Inspection Tips – What To Bring, What To Expect

Your home has been built with care and will be inspected by our technical staff during construction. Municipal building inspectors, hydro, plumbing and gas inspectors will further examine your home to ensure building code requirements are met.

Your PDI appointment will be scheduled approximately one week prior to your closing date. A Heathwood representative will accompany you or a designate of your choice on a thorough “Pre-Delivery Inspection” of your new home.

During this PDI, you will be asked to identify any items of concern. Your inspection will include every room of the house, the basement as well as the exterior (weather permitting). These items will be listed on a form, which you will review and sign to confirm its accuracy.

At the same time, you will review and sign a Certificate of Completion & Possession and a Warranty Certificate (CCP), which lists your home’s Tarion Warranty Program enrolment numbers as well as the date of possession (which is when your warranty officially starts).

THE CONSTRUCTION PROCESS

PRE-DELIVERY INSPECTION (PDI) CONTINUED

The PDI is your first chance to view your new home in its completed form. It is also your best opportunity to learn how to operate your home's systems, so feel free to ask as many questions as you like. If you are unable to assess something because it has not yet been installed, completed or cleaned, please note this on the PDI form as well.

The PDI is an important final step in your purchase of a new home and we advise that you do not bring along children or friends. If you intend to have a designate conduct the PDI in your place, please provide us with written authority to do so.

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SECTION 5

Checklist & Moving Tips

CHECKLIST AND MOVING TIPS

LEADING UP TO THE BIG DAY

You purchased a new home, selected your colours and now you're ready to start packing! There are a lot of things to do between now and moving day so take the time to prepare.

Leading up to the Move

- Contact a reputable moving company a minimum of two months prior to your move and go over all details, such as costs and availability.
- Contact your lawyer to confirm where and when your keys are being picked up.
- If necessary, arrange for daycare or pet sitting services on moving day.
- Arrange insurance for your new home.
- Set up accounts at a nearby bank.
- Take inventory of your belongings before they're packed, in the event you need to file an insurance claim later. If possible, take pictures or videotape your belongings. Record the serial numbers of your electronic equipment.
- Start using up food items in your current home so that there is less to pack and possibly spoil.
- Register your children at their new schools and arrange for necessary daycare.
- Locate all hospitals, police stations, veterinarian, fire stations and any other amenities in your new neighbourhood.

CHECKLIST AND MOVING TIPS

LEADING UP TO THE BIG DAY CONTINUED

- Familiarize yourself with street parking by-laws in your new neighbourhood.
- Arrangements will be made for the transfer of your utility accounts (Water, Hydro, and Gas). You must call the utility companies personally to set up the accounts in your name, approximately 2 weeks prior to your closing date. You can arrange hook-ups for cable and telephone after closing.
- Fill out a change of address card for the post office and let your family and friends know your new address and phone number.
- Inform all newspaper and magazine deliveries of your new address.
- Inform all companies you deal with of the address change (e.g. credit cards, phone bill, etc.).
- Renew your driver's license and auto registration with your new address.

MOVING TIPS

- Double-check all closets, drawers, shelves, attic and garage to ensure they are empty.
- Carry important documents, money and jewelry with you.
- Pack toys, games or special items for the kids to keep them busy during the move.
- Remember to pack a box of basics that you may need on move-in day (tools, paper products, all-purpose household cleaners, toiletries etc.). Be sure to have it loaded last so that it will be first off at your new home.
- Don't pack paint, bottles of bleach, gas cans or other inflammables. It is against federal law for movers to transport flammable and combustible materials.

CHECKLIST AND MOVING TIPS

MOVING TIPS CONTINUED

- Use strong boxes and containers that can be secured tightly. Purchase special boxes for dishes, wardrobe and other special items.
- Pack audio-video equipment in their original boxes. Label cables and tighten transit screws. If removing screws, tape them to the objects they are removed from.
- Avoid loading more than 50 pounds into one box.
- Label each box and indicate the following: (a) Which room it should go in (b) whether it is fragile (c) If it should be loaded last so it will be unloaded first.
- Cushion contents with packing material such as bubble wrap, newspaper or tissue. Save room by using towels and blankets to wrap fragile items.
- Pack books tightly on end in small boxes. If musty smelling, sprinkle talcum powder between the pages and wrap the book before packing. Leave stored for a couple of months to eliminate the smell.
- Have rugs and draperies cleaned before moving and leave them in wrappings for the move.
- Pack medicines in a leak-proof container.

HOME AT LAST®



SECTION 6

Home at Last®

HOUSEHOLD MAINTENANCE TIPS

Like any major purchase — such as a car, computer or stereo system — your new home comes with a manual. By reading it carefully before you move in and by following its instructions, you can ensure that every facet of your new home keeps looking and functioning just as it should. For that reason, we have provided you with this helpful and informative Home Maintenance Checklist that includes a comprehensive list of maintenance suggestions and troubleshooting tips.

EXTERIOR

Paved Driveways

Paved driveways are completed approximately one year after your closing date with the second coat following approximately one year after that. This is to allow sufficient time for settlement. In some cases, additional time may be necessary. You are required to refrain from parking on the fresh asphalt for 2-3 days after installation in order to allow the driveway to start hardening. This, however, does not mean that your driveway has fully cured. Hot or humid weather will also affect the curing time and tire marks may occur when turning the steering wheel of your vehicle hard, even weeks after installation. These tire marks are not covered under warranty but should fade over time. If you wish to seal your driveway, it is recommended that you wait until at least one year after paving of the top coat.

Sodding

We will water newly laid sod once only. If you anticipate being away when the sod is going to be laid on your lot, please have a neighbour or relative water the grass for you. In order for the sod to adhere properly to the topsoil, it is imperative that new sodding be adequately watered for the first few weeks. This is your responsibility as a Homeowner.

HOUSEHOLD MAINTENANCE TIPS CONTINUED

Exterior Doors

The exterior doors chosen for your new home are designed to combine insulation and weather protection with a pleasing appearance. They are intended to replace the old concept of wood door and storm door combinations, and far outperform their thermal efficiency. To install a storm door over an insulated metal door is not necessary and, if the door is embellished with styrene moulds, is definitely not recommended. Please be advised that the warranty on your exterior door will not apply if a storm door is installed.

Exterior Hardware

It has been a time-honored tradition of property owners to maintain and care for their articles of value. Your new home's exterior hardware deserves the same careful attention that you would give your other fine metal pieces. There is no guarantee on the longevity of the finish of any product. However, with proper care and maintenance, you can extend its longevity.

Exterior Taps

The exterior and garage taps on your home are not frost-free. It is recommended that you turn off the water to the outside in the winter. To do this, please shut off the water at the source inside the basement, drain the pipe from the outside and then leave the outside taps open. This should effectively prevent freezing and the possibility of bursting pipes, which will occur when water is left in the lines over the winter. Also, remember to remove and store away your garden hose until spring.

Drywall

The first year in the life of your home is commonly known as a "drying-out" period. Most construction materials i.e. lumber, plaster, masonry, etc., contain moisture and a gradual drying out process takes place after the house is completed. This is particularly evident during the first heating season.

HOUSEHOLD MAINTENANCE TIPS CONTINUED

The lumber framework will be subject to some shrinkage and this, combined with the drying out of the plaster, may cause some minor cracking and nail-pops to appear on drywall surfaces. This should not be taken as a cause for concern — the problem is not structural and this is a perfectly normal occurrence in new buildings.

We will return only once to complete year-end drywall repairs. It would be to your advantage to coincide the timing of this repair with your plans to re-decorate since these repairs do not include sanding and repainting of any affected areas. If you are not prepared to re-decorate at the end of the first year, you might wish to forego these very minor repairs.

When you are ready to re-decorate, simply fill the cracks and nail-pops with plaster (available from any hardware store). Let the filler dry completely and then sand lightly to a smooth finish. Some areas may require more than one application. Should you wish to have us return to complete the year-end repairs, fill out the Year-End Drywall Service Request Form and forward it to our Service Department prior to your one-year anniversary.

Smoke Detector and Carbon Monoxide Detector Maintenance

Clean and test your smoke detector and your carbon monoxide detector every six months to ensure they are functioning properly. It is recommended that you do this in the spring and fall when the clocks are changed. This style of smoke detector will not function if there is a power failure, so you may want to consider purchasing a battery-operated unit for a little extra peace-of-mind.

Acrylic Tub/Sink Maintenance

Powders or abrasive cleaners (such as Ajax, Bon Ami, Comet, etc.) should NOT be used to clean fixtures as they may scratch and dull the surface. Instead, use liquid cleaners, such as Mr. Clean, Formula 409, Ivory or others with similar chemical content.

HOUSEHOLD MAINTENANCE TIPS CONTINUED

Caustic drain cleaners (such as Drano, Janitor in a Drum, Liquid Plumber, etc.) should NOT be allowed to stand on the surface and be cleaned thoroughly after pouring into the drain. Stubborn stains, paint or tar can be removed with turpentine or paint thinner, followed by a clean-up with a liquid detergent. Plaster can be removed by scraping with a wooden or plastic edged utensil. Be careful not to use metal scrapers, wire brushes, soap pads (SOS) or other metal tools. Small scratches or tar deposits from cigarettes can generally be removed with an automotive rubbing compound.

Cabinetry Maintenance

Here are some helpful hints to ensure the long-lasting beauty of your cabinetry:

1. For regular cleaning of all doors, wipe with a damp, soft cloth and dry immediately with another dry, soft cloth.
2. For major cleaning, wipe WOOD doors with a damp, soft cloth and dry immediately with another dry, soft cloth. Follow with a light coat of high quality liquid paste or furniture wax.
3. Wipe NON-WOOD laminate doors with a mild soap and water solution, and dry immediately with a soft, dry cloth. For high gloss polyester doors, a good quality window cleaner (such as Windex) works well, as do other ammonia-free glass cleaners. Just spray it on and dry immediately with a clean, dry, soft cloth.
4. Excess moisture is the worst enemy of any finish. Wipe off any water immediately with a soft, dry cloth.
5. Do not use detergents, strong soap, abrasives or self-polishing waxes or cloths such as dish cloths, which may contain remnants of these cleaners.

HOUSEHOLD MAINTENANCE TIPS CONTINUED

Countertop Maintenance

For Granite and Quartz Counters

1. When cleaning natural stone counters, use warm water with mild soap. There are also cleaning kits available at your local hardware store to help you maintain your natural stone counters.
2. Avoid prolonged exposure to temperature extremes such as hot pots directly on the surface.
3. Do not stand, kneel or sit on your counters as they could crack.
4. Avoid a concentration of water or wet cloths at or near junctions of the countertop and backsplash or at other joints.
5. Do not use the surface as an ashtray or cutting board.
6. Due to household settlement, the dap filler between the countertop and the wall might become loose. If so, remove and reapply.

For Arborite Counters

1. To clean your counters, use mild soap or household cleaner.
2. Avoid a concentration of water or wet cloths at or near the junction of the countertop and backsplash for any prolonged time. EXCESSIVE WATER STANDING IN THE AREA OF THE SEAM MAY CAUSE GLUE FAILURE. THE MANUFACTURER DOES NOT WARRANT DAMAGE CAUSED BY EXCESSIVE WATER IN THE SEAM AREA.
3. Hot pans or activated electrical appliances should not be placed on laminated surfaces: use protective insulating pads.
4. Abrasive cleaners or steel wool should never be used.
5. Household bleach should not be allowed to remain on the surface.

HOUSEHOLD MAINTENANCE TIPS CONTINUED

6. Do not use the surface as an ashtray or cutting board.
7. Clean with a damp cloth; for stubborn stains use a household solvent, rinsing thoroughly with clean water.
8. Due to household settlement, the dap filler between the countertop and the wall might become loose. If so, remove and reapply.

Bathtub & Shower Caulking

Caulking and grouting are materials which shrink, dry and crack. It is your responsibility as a Homeowner to maintain the caulking and grouting around the tiles in your home. There are several good materials on the market and we recommend that you use a silicone bathtub caulking. This silicone can be used to fill in any cracks and to redo caulking around the edges of the tub and shower. It is a very pliable material and easy to use.

Complete directions for application will be printed on the tube. It would be advisable to fill the tub with water prior to re-caulking. This should eliminate the possibility of the caulking coming loose when weight is applied. The grouting between the tiles and in the corners should also be checked periodically and any cavities should be filled.

Please do not allow the caulking and grouting to go unattended, as it may result in leakage and damaged walls and ceilings. This would not be covered under warranty. Should you require any advice on how to re-caulk or re-grout, please feel free to contact one of our service personnel.

Hardwood Floor Care

Today's urethane-finished hardwood flooring can be easily maintained and will retain its beautiful appearance for many years simply by following a few general cleaning procedures. Regular vacuuming to remove dust and grit drawn into the house by children, pets, etc. will prevent the surface of the

HOUSEHOLD MAINTENANCE TIPS CONTINUED

floor from becoming dull and worn looking. For cleaning the floor itself, there are cleaning solutions designed especially for hardwood floors. These can extend the life of the finish for many years and will not cause unsightly build-up on your floors the way that oil soaps and waxes do.

It is very important to maintain a constant relative humidity level in your home at around 40% to 45%. We recommend installing a humidifier during winter months to minimize or prevent unusual expansion and contraction of your hardwood floors and dehumidifier if necessary during humid summer months to prevent expansion.

If you follow these few simple rules, your hardwood floors should maintain their beauty for years to come.

Carpet Care

Keeping your carpet clean and beautiful with proper maintenance can preserve the life of your carpet. Most wear on carpeting is caused by dirt; oily soils attract more oily soils. Carpets should be thoroughly vacuumed about once a week, with heavy traffic areas being vacuumed more often. When a spill occurs, time is of the essence. Look at your local grocery or hardware store for stain cleaning products designed especially for carpets. Using these products can extend the life of your carpet. An annual deep carpet cleaning will also help extend the life of your carpet.

NOTE: Dark discolouration around the perimeter of rooms and heating registers is common (carbon materials can settle on the surface of televisions, carpets and magnetic seals, such as refrigerators). The burning of scented candles can also contribute to the carpet staining. Stains resulting from normal wear and tear or improper maintenance are excluded from warranty.

HOUSEHOLD MAINTENANCE TIPS CONTINUED

Moisture and Air

The air you breathe in your home is clean (i.e. as free from pollutants as possible). For your health and comfort, your home should have an exchange of air between the indoors and outdoors. Without the air being exchanged, your home can accumulate pollutant moisture. The exchange of stale air with fresh air will reduce the potential for problems.

Moisture is continually being released inside your home through cooking, showering, washing dishes and watering plants. A typical sign of moisture is condensation on windows in the winter months. An HRV (Heat Recovery Ventilator) or an ERV (Energy Recovery Ventilator) can help prevent this problem.

HRV & ERV technology offers a solution for fresh air, better climate control and energy efficiency. These systems are an effective way to bring fresh air in while removing the stale air. Although a window will work, it does not filter the air that enters the house. You are also letting in air from outside that is a different temperature than the air that is in your home already and therefore using more energy to warm up or cool down that fresh air.

Your furnace fan & HRV / ERV should be left on at all times.

Unfinished Areas in Basement

During the first year, you may experience some minor dampness in the unfinished areas of your basement resulting from condensation.

Condensation is caused by warm, moist air entering the space or by the drying out of the materials from which the house was constructed.

Generally speaking, this type of condensation dampness in the basement is only likely to occur during the first year of occupancy.

If you are using this part of your basement as a storage area, make sure your possessions are away from the walls and up off the floor.

HOUSEHOLD MAINTENANCE TIPS CONTINUED

PLEASE NOTE THAT THE WARRANTY ON THE HEATING SYSTEM MAY BE VOIDED SHOULD A CONTRACTOR OTHER THAN THE ORIGINAL INSTALLER MAKE MODIFICATIONS OR ADDITIONS TO THE SYSTEM.

HEATING AND COOLING SYSTEMS

Heating

You should become familiar with the location of the furnace switch which is generally located in close proximity to the furnace. This switch controls the flow of electricity into the furnace and should always be left in the ON position.

Heating equipment should be maintained according to the manufacturer's specifications on a regular basis to ensure maximum efficiency. It is recommended that the furnace be cleaned on a yearly basis. Your gas provider or any heating service contractor is able to offer maintenance.

In addition, the following should be completed on a regular basis:

1. The furnace filter should be cleaned regularly. This can be done with your home vacuum; however, from time to time you will find that the furnace filter will need to be replaced. By cleaning / replacing the furnace filter on a regular basis, the furnace will operate more efficiently.
2. Vacuum inside heat registers to prevent any blockage of air. To ensure adequate air circulation, heat registers and cold air returns should be kept free of obstructions such as carpeting, furniture, etc. The airflow into rooms can be controlled by adjusting either the heat register or the air control flap inside the ductwork itself (this is called "balancing"). You as a Homeowner are responsible for the balancing of the system to suit your lifestyle.

HOUSEHOLD MAINTENANCE TIPS CONTINUED

Air Conditioning

If your new home came with a central air-conditioner installed, you may find the following information helpful. However, for detailed maintenance tips you should refer to the manufacturer's instructions that accompany the unit.

1. The thermostat must be set lower than the room temperature to operate the system. However, it is not recommended that the temperature be set lower than 21 °C, as this can lead to the freezing of the coil and condenser unit.
2. Most air-conditioning systems are designed to cool the house to a temperature 10 °C lower than the outside temperature (e.g. if the outside temperature is 35 °C, do not expect the inside temperature to go much lower than 25 °C).
3. The cooling system should have an annual inspection (much the same as the furnace).
4. Change and/or clean the air filter on a regular basis.
5. The cooling system will operate more efficiently if it is left to run all summer. As the outside weather changes, the inside temperature should be adjusted by raising or lowering the thermostat setting, rather than by turning the unit off and on. If the system is shut down, it could take several hours before the temperature and humidity level is lowered back down to an acceptable level.

In addition to the installation of an air-conditioner, you may wish to consider installing a humidifier or an electronic air cleaner in your home.

HOUSEHOLD MAINTENANCE TIPS CONTINUED

PLEASE NOTE THAT THE WARRANTY ON THE COOLING SYSTEM WILL BE VOIDED SHOULD A CONTRACTOR OTHER THAN THE ORIGINAL INSTALLER OF YOUR COOLING SYSTEM MAKE MODIFICATIONS OR ADDITIONS TO THE SYSTEM.

Helpful Hints For The Winter Season

To help you prepare for the colder weather, we have put together a few suggestions for maintaining the heat and comfort level in your new home. We have also noted a few other areas in your home, which will require your annual attention.

1. Maintain your furnace with a yearly cleaning.
2. Be sure to clean and replace your furnace filter regularly.
3. Vacuum inside registers to prevent any blockage of air. Remove any furniture from in front of registers and cold air returns, and be sure to allow for adequate air circulation around the windows. Adjust the air flow in unused rooms as required, however, please be sure not to entirely close off the register or the air control flap in the ductwork itself.
4. Check and close windows to prevent drafts.
5. Keep your garage door closed when not in use. This is especially important when you have living space over the garage.
6. Turning the furnace down at night or during the day when you are not home will save costs. However, we would recommend not turning the temperature below 15° C.

HOUSEHOLD MAINTENANCE TIPS CONTINUED

7. During extremely cold spells, you may find it necessary to keep the temperature set a little higher than usual.
8. We recommend that you keep the furnace fan on all the time in order to maintain even heating in your home.
9. To ensure the proper function of your furnace and to prevent the furnace from shutting down, it is absolutely imperative that snow or other objects do not drift up to and around your exterior intake and outtake. This will smother the airflow, which will cause your furnace to shut down, leaving you with no heat.

If you have a problem with your furnace during office hours, please call our Service Department for service and then follow up with an email.

If there is an emergency after hours, please call our 24-hour service department telephone number. Before calling for service, please check there are no obstructions to the exterior intake and outtake, check that the switch for the furnace is turned on, then check the breaker in the electrical panel to ensure the service has not been tripped.

WARRANTY COVERAGE

The most important person to satisfy is you. That's why we are a Registered Builder under the Tarion Warranty Program, thus safeguarding your investment in our product.

Your Warranty Certificate was given to you at the time of your Pre-Delivery Inspection during which you listed any deficiencies in your home prior to moving in.

We make every effort to correct any noted deficiencies within the first few weeks, and will revisit you to have the form signed, which signifies your acceptance of our completions/repairs. It is in your interest to have this form fully completed since it will have to be processed through our office and sent to Tarion.

Exterior work, which requires favorable climate and site conditions, will be looked after as conditions permit.

Your home, like a new car, will go through an adjustment period. During this period, you may find other items requiring our attention, mostly due to normal shrinkage of the materials your home has been constructed with. We will accept lists of such items during the warranty period and we stress that for your protection and as a matter of record, all complaints must be made in writing.

It is only by learning of your problems at our Service Office that we can be made aware of any shortcomings in our product and thereby continue to improve. Service Request Forms are enclosed for your convenience. Please note that these request forms are to be completed and submitted to this office at the time intervals indicated on the form – which is on your 30-day, 6-month and 11-month anniversaries of taking possession.

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WARRANTY COVERAGE

Summary Of Items Not Covered Under Warranty

1. Locating survey monuments and boundary lines.
2. Winterkill in lawns.
3. Tree surgery and tree trimming.
4. Weeds in lawns or separation of lawn due to lack of watering.
5. Damage to concrete slabs, walks and garage floors caused by salt or calcium products.
6. Damage to driveways caused by heavy or sharp objects.
7. Damage to driveways caused by frost.
8. Damage to driveways caused by petroleum products.
9. Depressions of less than six inches, unevenness, flaking of surface stones or cracking at the edges of asphalt driveways (if applicable).
10. Minor surface cracks in concrete walls, floors and porches.
11. Surface pitting, superficial cracking and marbleizing in concrete.
12. Efflorescence (white powder) on concrete, stone and brick walls.
13. Humidity and condensation in the home.
14. Sanding, painting, wallpapering or refinishing of any drywall repairs.
15. Separation between the floor and toilet, resultant leakage, cracking of bowl caused by too much tightening of bolts.
16. Minor drafts at door and window openings and at electrical outlets.
17. Minor tool marks and blemishes in trim and other millwork surfaces.
18. Plumbing stoppages other than those caused by construction debris.

WARRANTY COVERAGE

19. Pests such as mice and flies in the house.
20. Exact colour match of any replacement material.
21. De-lamination of kitchen counter top and cabinet trim if stove elements are not adjusted to sit above the height of the counter top.
22. Settlement of exterior after initial repair.
23. Any warrantable repair to your garage doors if modifications or installation of any electrical openers are added by anyone else other than the original contractor.

For additional information, visit the Tarion Website and refer to the “Home Information Package”. www.tarion.com

24. Leakage into your home from anywhere caused by the build up of ice and snow.

** Refer to “Home Information Package” for additional information.*

TARION COVERAGE

Under the Tarion Warranty Program, the Builder Warrants to the Purchaser:

1. That the home is free of defects in material, including caulking, windows and doors — such that the building envelope of the home prevents water penetration.
2. That the electrical, plumbing and heating delivery and distribution are free from defects in materials. That all-exterior cladding is free from defects in material resulting in detachment, displacement or physical deterioration.
3. That the home is free from violations to those provisions of the Ontario Building Code regulations under which the Building Permit was issued affecting health and safety.

** For full warranty coverage visit www.tarion.com*

Major Structural Defects Coverage

The period of coverage is seven years.

Basement Foundations

The Builder covers the basement foundations for a two-year period after possession.

THE MIKEY NETWORK



SECTION 7



THE MIKEY THE BEAT GOES ON...



PUBLIC ACCESS
DEFIBRILLATORS
SAVE LIVES

www.mikeynetwork.com

Dear Homeowner,

We hope you feel “Home at Last®” in your new Heathwood Home...and that is said straight from the heart! Let’s talk for a minute about everyone’s heart. At Heathwood and The Heron Group of Companies, we care about the cardiac health of everyone in our communities and all across Ontario. That’s why in 2002 we established The Mikey Network, in memory of one of our partners, Mike Salem.

The Mikey Network is working to create public awareness and provide education about heart healthy lifestyles. Currently we are committed to placing “MIKEYS” (public access defibrillators) in as many high-risk locations as possible so people affected by sudden cardiac arrest might have a second chance at life.

The Mikey Network has placed hundreds of MIKEY’S in high traffic public locations including sports arenas, libraries, golf courses, communities and recreation centres. Approximately 6,500 people suffer from cardiac arrest every year in Ontario. Yet a trained “Target Responder” using a MIKEY defibrillator can increase a victim’s chances of survival by up to 50%.

Hundreds of lives are saved each year through public access defibrillation. But even more can be saved with your support. So please, look into your heart and join The Mikey Network by visiting mikeynetwork.com. And help the beat go on!

Yours truly,

Hugh Heron
President
Heathwood Homes

Morty Henkle
Executive Director
The Mikey Network

P.S. In the following pages, you'll find some information about how you can adopt a more heart-healthy lifestyle, together with some delicious and nutritious recipes you can try!

THE MIKEY
THE BEAT GOES ON...



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A BRIEF HISTORY

In the summer of 2002, Mike Salem was on a golf course up north in the beautiful Muskokas. He hit his first shot, drove up to his second and then his heart skipped a beat. Miles away from help, Mike passed away doing what he loved best, playing golf. No one knows if a defibrillator would have saved Mike. We hope that in his name we can help place these MIKEYs everywhere, so that in the future, other cardiac arrest victims may have that second chance.

The MIKEY Network has been established by Heathwood Homes and The Heron Group of Companies in memory of our dear friend and partner.

THE MIKEY
THE BEAT GOES ON...



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DEFIBRILLATORS
SAVE LIVES

www.mikeynetwork.com

GIVING BACK TO WHITBY

The Mikey Network is an integral part of our community, working to create public awareness and provide education about heart healthy lifestyles.

This charitable organization is committed to placing MIKEYs (public access defibrillators) in as many high-risk locations as possible, so people affected by sudden cardiac arrest might have a second chance at life.

At Heathwood Homes, the importance of building safe, healthy communities is paramount. That's why we will be making a donation to The Mikey Network on behalf of the residents of Country Lane.

Together we're saving lives by placing MIKEYs in locations through Durham, and educating the public on the use of a Mikey.



THE MIKEY THE BEAT GOES ON...



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WHAT IS A MIKEY?

A MIKEY is a Public Access Defibrillator or (PAD) that can deliver a life-saving shock to a victim of cardiac arrest within minutes – even before emergency services personnel can arrive. Time is of the essence for a victim of a cardiac arrest.

For a complete list of all
MIKEY locations visit
www.mikeynetwork.com

Using a MIKEY is easy:

- 1) Call 911
- 2) Open the MIKEY and turn it on. Now the MIKEY will talk you through the process.

It will tell you to:

- Remove clothing from patient.
- Pull red handle and open bag.
- Attach the pads.
- The MIKEY will advise you that it is doing an examination.
- If a shock is required the MIKEY will prompt you.
- The MIKEY will also advise you if additional shocks are required.



THE MIKEY THE BEAT GOES ON...

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HOW A MIKEY SAVED A LIFE

The Toronto Racquet Club was the scene of a MIKEY in action. One of the visiting Toronto & District league players, 36-year-old Sam Webster, came off the court at the completion of his match, collapsed and went into sudden cardiac arrest (SCA). Within seconds, CPR was initiated. There was no pulse, so it was decided that a defibrillator was needed. Three weeks before, The Toronto Racquet Club had purchased a MIKEY, which was installed just six days before the cardiac arrest.

"I was extremely lucky that things came together so well," Sam says. "I'm amazed that the club had a MIKEY defibrillator and people onsite who were trained to use it. I feel great, and I'm looking forward to receiving a clean bill of health so hopefully, I can play squash again. I'm living proof that The MIKEY Network is helping to save lives."



Mike Brzozowski, MD, FRCP Medical Director, Pad Program at Sunnybrook-Osler; Paul Price, Squash Professional;
Sam Webster, "the save"; Morty Henkle, Executive Director of The Mikey Network;
John Hickey, Toronto Racquet Club; KL Ashton, Supervisor Toronto EMS for the Cardiac Safe City Program.

DEVELOPING A HEART HEALTHY LIFESTYLE

By Marsha Rosen

A healthy lifestyle that includes sensible eating and moderate exercise is key to feeling your best and living a full life. There are many things you can do as part of your everyday routine to achieve this healthful balance. We asked a prominent nutritional expert for tips on heart healthy living.

Marsha Rosen, RD (Registered Dietitian), is Mike Salem's sister and a member of The Mikey Network. In addition to offering private nutrition counselling, Marsha provides group lectures, seminars and cooking demonstrations, and is a sought-after contributor to health-related publications.

YOU REALLY ARE WHAT YOU EAT!

Eating well doesn't have to mean rice cakes and alfalfa sprouts. With the kaleidoscope of foods and beverages available today, you can make healthful choices that are tasty and filling. Remember the three C's—choice, commitment and common sense. Having an occasional rich dessert is harmless within the context of a well-balanced eating plan— but every passed-up potato chip is a step toward heart healthy living. Here are some suggestions that can help your heart to do its job for as long as possible.

EAT REGULAR MEALS AND SNACKS

Food is your body's fuel, and breakfast starts your morning in a positive way. Some people do well with three main meals a day and two or three well-balanced snacks; others prefer six smaller meals. In order to keep your blood sugar level on an even keel, eat something every three-and-a-half hours. Meals and snacks should contain foods from the vegetable and fruit, grains and protein (meat or milk products and alternatives) categories to provide your body with time-released energy boosts.



THE MIKEY
THE BEAT GOES ON...

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DEVELOPING A HEART HEALTHY LIFESTYLE CONTINUED

LOWER FAT AND SODIUM INTAKE

“Low fat”, for example, refers to a milk product containing under 1%mf or mg (milk fat). The 30% heart healthy rule of thumb is that for every 100 calories of food, there should be no more than 3g of total fat. Look for a main course that contains less than 500mg of sodium. Cut down on the salt you use when you cook, avoid using salt at the table, and choose foods that have less added salt. Avoid canned soups and prepared frozen foods. Check portion sizes before you read the numbers on that label.



THE MIKEY THE BEAT GOES ON...



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MIKEY PROGRAMS

THE MIKEY'S YOUNG AT HEART SCHOOL DEFIBRILLATOR PROGRAM

The MIKEY's Young at Heart School Defibrillator Program involves partnerships with school boards to place MIKEYs in schools for use during daily school life and after-hour programs involving students, staff and neighbourhood groups. Currently every high school within the Toronto District School Board, Halton Catholic District School Board and Halton District School Board has a MIKEY. This program is a milestone in The MIKEY Network's commitment to offer a second chance at life to those experiencing sudden cardiac arrest.

MIKEY YOUNG AT HEART APP

Designed especially for HIGH SCHOOL STUDENTS, the Mikey Young at Heart App provides valuable life-saving skills and has the extra benefit of earning student volunteer hours. Plus you can also gain additional volunteer hours by becoming a Mikey Ambassador, doing a Mikey location check or organizing a Mikey fundraiser. By knowing CPR and how to use a MIKEY AED, you could save the life of someone at your school, or anywhere in your community.

MIKEY'S KIDS

It's heartbreaking when children have to be hospitalized with heart problems. Their number-one wish is to "go home." In partnership with Toronto's SickKids® Hospital, The MIKEY Network established the MIKEY's Kids Program to provide a MIKEY to each family whose child can live in the comfort of their own home while waiting for future treatment. This special program is growing, and affects families in Ontario and beyond. MIKEY's Kids is a tribute to everything The MIKEY Network represents.

MIKEY AED & CPR INSTRUCTIONAL APP

With the FREE Mikey AED & CPR Instructional App, you can learn to do both, as can your family, friends, co-workers and other members of your community. It's also a great refresher course if you already know the basics. Simply download the app today, watch the videos, test your knowledge, and you'll be ready to give someone a second chance at life.

THE MIKEY THE BEAT GOES ON...



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MIKEY PROGRAMS CONTINUED

MIKEY'S ON THE GO

Public transit facilities are a natural fit with public-access defibrillators. In partnership with GO Transit, The MIKEY Network has installed MIKEYS throughout GO Transit facilities and trains, reaching out to more than 100,000 bus and train travelers of all ages on a typical weekday, plus GO staff who have been trained to use the defibrillators. This partnership is a heartwarming example of individuals and organizations working together for the good of the community.

MIKEY COPS ARE TOPS

The Mikey Protects program places MIKEYs in Ontario's Police Service facilities to be there if and when our protectors need help. Toronto Police Service has a MIKEY in each of their precincts and detention centres, and many courthouses and collision centres. The goal is to eventually place a MIKEY in every police cruiser across Ontario and beyond.

MIKEY ON BOARD

The Mikey On Board Program began placing MIKEY defibrillators in radio and television station-owned "events cruisers" to help keep people safe while out and about at community events across the GTA and beyond. In 2011, the Mikey Network announced one of their largest initiatives with the goal of having all major corporations place MIKEYS on their trucks in order to be able to potentially become a mobile life saver should the situation arise on the roads. Two Men and a Truck now equip every one of their vehicles in Canada with a MIKEY to be able to be a Good Samaritan on the road.

MIKEY WALKING CLUB

At The Mikey Network, we walk the talk! Members of Mikey Walking Clubs join friends and co-workers for a brisk 25 to 30-minutes walk two or three

THE MIKEY THE BEAT GOES ON...



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MIKEY PROGRAMS CONTINUED

times per week, and make group donations to the Network. Information on how to start a club can be found at mikeynetwork.com.

TEAM MIKEY

The Mikey Team participates in numerous fundraising initiatives, including sponsoring Mikey Walking Clubs, heart-smart educational programs, and the annual Cardiac Health Foundation of Canada's Walk of Life.

MIKEY GOES TO CAMP PROGRAM

The Mikey Goes To Camp Program works with the Ontario Camp Association to install MIKEYs in as many camps possible, all while providing greater peace of mind to campers, parents, administrators and staff.

MIKEY PARTNERS

The Mikey Network works with many community organizations on special fundraising activities:

- The Mikey Network is donating MIKEYs and training to cardiac rehabilitation centres participating in the Cardiac Health Foundation of Canada's National Walk of Life, which raises funds for over 40 cardiac rehabilitation centres in hospital and clinics.
- The annual "Canada's 911 Ride" police-escorted charity motorcycle ride raises money to create scholarship funds for the families of fallen police officers, firefighters, EMS personnel, victims of violent crimes, fallen military personnel, AND to support The Mikey Network.

DEVELOPING A HEART HEALTHY LIFESTYLE

RAISE YOUR FIBRE INTAKE

A complex carbohydrate, dietary fibre is found in plants such as beans and fruit. Among its important functions, it helps to lower cholesterol and control diabetes. To increase fibre, look at the way our great-great-great grandmothers cooked and ate. The closer food is to its natural state, the better it is for you.



CHECK PORTION SIZES

One-quarter of your dinner plate should have the protein, half of the plate, fruits and/or vegetables, and the other quarter the grain products. Your recommended 3-ounce cooked protein portion (chicken, fish, beef, for example) should be the size of the palm of your hand. A half cup of fruits or vegetables is the size of a closed fist. The tip of your thumb is as much fat as you need on toast.

DRINK WATER!

Water is important for hydration, and for helping fibre do its job. If you take in fibre and don't hydrate it, that substance will sit in your stomach like a dry sponge. We need 6 to 8 cups of water a day, part of which we get in foods.

USE COMMON SENSE WHEN EATING OUT

Rather than Noodles Alfredo, order an appetizer serving of pasta with a light tomato sauce. Avoid brown, crispy food. Look for dark green and orange vegetables and fruit. Order salad with the dressing on the side. At special events, have a snack before you leave the house, don't stand near the buffet table, and keep a glass of water in one hand.

CONSULT A DIETITIAN

A registered dietitian is a licensed professional who can help you achieve heart-healthy living. You are more likely to stay on an eating plan that incorporates what you like, and a dietitian will guide you in developing a personalized meal plan based on your preferences.

EXERCISE FOR OPTIMUM HEALTH

Eating in a healthy way is one of the steps towards heart healthy living, but food intake should work hand-in-hand with exercise. We have an epidemic of obesity today, and diabetes and heart disease are on the rise – so your life has to be about more than cottage cheese and good intentions.



YOU CAN DO IT!

Remember, food should never be medicinal; it should be enjoyable. Healthy eating is for a lifetime.

DELICIOUS HEART HEALTHY RECIPES



DELICIOUS APPLE PANCAKES

1/4 cup sugar, granulated

1/2 tsp. cinnamon

1 cup all-purpose flour

1/2 tsp. salt, granulated

2 tsp. sugar

1 1/2 cups 1% milk

4 large eggs

3 - 4 Gala apples, large

2 tbsp. lemon juice, fresh

6 tbsp. butter, unsalted

Makes 12 delicious Apple
Pancakes.

1. In a small bowl, mix sugar (1/4 cup) and cinnamon together – set aside.
2. In a large bowl, whisk together flour, salt and the 2 tsp. of sugar.
3. Add milk slowly, whisking. Add eggs, 1 at a time, whisking well after each addition.
4. Peel and core the apples. Cut into 1/8" thick slices and then 1/8" matchsticks – toss in a bowl with lemon juice.
5. Fold the apples and lemon juice into the batter.
6. In a 6" non-stick skillet, melt 1 piece of butter over moderate heat. Add 1/3 cup of the batter and spread it to cover the bottom of the pan.
7. Cook, reducing the heat if it is browning too quickly. Turn the pancake over once until golden on both sides. This should take about 4 minutes – total.
8. Slide onto a platter and keep warm in the oven.
9. Complete the batter in the same way, giving a total of about 12 pancakes.
10. Sprinkle the tops of each pancake with some of the cinnamon and sugar just before serving.

NOTE: The batter with the apples can be prepared up to 3 hours ahead of serving. Keep covered in refrigerator. Stir before making the pancakes.

DELICIOUS HEART HEALTHY RECIPES



OVEN-FRIED SWEET POTATOES

6 small sweet potatoes
2 tbsp. olive oil
1/2 - 3/4 tsp. ground
cumin
1/2 tsp. pepper
1/4 tsp. salt

Other seasoning suggestions that could be used for a Cajun taste: Cayenne pepper, Chili powder and Garlic powder

Preheat the oven to 400°F. Lightly spray a foil lined cookie sheet with the vegetable spray. Peel, then cut each potato, lengthwise into 6 wedges. Place in single layer on the cookie sheet. In a small bowl, combine the olive oil, cumin, pepper and salt. Mix together, then pour over the potatoes. Toss the potatoes to coat them evenly with the mixture. Bake for 30 to 45 minutes until the potatoes are crispy on the outside but soft in the centre. Serve hot from the oven.
(Serves 6)



1 medium onion, chopped
1 tbsp. olive oil
1 clove garlic, minced
3 to 4 medium zucchini,
coarsely chopped
1 celery stalk, sliced
1 large carrot, coarsely
chopped

ZUCCHINI SOUP

1 large potato, coarsely chopped
8 cups chicken broth or vegetable broth
1 tsp. salt
1/2 tsp. pepper

In a soup pot, sauté onion in oil until soft and golden. Add remaining vegetables and sauté for about 10 minutes. Add chicken broth and seasoning and bring to a boil. Simmer, covered, 30 to 45 minutes. Cool slightly and purée using a blender or blender wand. Taste for seasoning. Freezes well. Garnish with croutons or zucchini slivers. (Serves 6 to 8)

TOP-10 TIPS FOR A HEALTHY HEART LIFESTYLE

- ♥ DO NOT SMOKE: if you have never smoked, don't start. If you do smoke, quit. You will increase your life by 5 years for every year you are smoke free.
- ♥ Enjoy a balanced, nutritious diet. Limit fat intake to between 15% and 30% of your total number of daily calories.
- ♥ Exercise regularly, 20 minutes 3-4 times per week, or a minimum of a brisk walk daily.
- ♥ Moderate your intake of alcohol. Guidelines by Health Canada suggest limits of two drinks per day...either 12 oz. Beer, or 5 oz. Wine or 1.5 oz. Spirits.
- ♥ Limit your intake of salt and caffeine. (No more than the equivalent of four regular cups of coffee per day.)
- ♥ Try to get 8 hours of sleep each night.
- ♥ Have regular check-ups with your physician. Early detection is the key to a successful solution.
- ♥ Keep a positive attitude and wear a smile... it takes only 22 muscles to smile, but 37 to frown.
- ♥ Make time for leisure activities such as reading, hobbies, sports, TV etc.
- ♥ Invest in CPR and AED education and training, and encourage your family and friends to do the same.

*Be Heart
Healthy*



Consult with your physician before starting any diet or exercise program.

THE MIKEY
THE BEAT GOES ON...



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www.mikeynetwork.com

DO IT TODAY!

YES! I would like to become a
member of The Mikey Network by donating...

- \$25 \$50 \$100 \$250 Other _____
- Single donation
- Monthly donation, deducted from my credit card

PAYMENT METHODS

Cheque (for a single donation)

- Please make payable to The Mikey Network

Credit Card (for a single or monthly donation)

- Visa Mastercard American Express

Card #: _____

Expiry Date: _____

Signature: _____

Address: _____

City: _____

Postal Code: _____

Home Tel: _____

Bus. Tel: _____

Email: _____

CORPORATE DONATIONS

If your organization would like to know more about how
it can support The Mikey Network's many initiatives through
a corporate alliance, please email us: info@mikeynetwork.com

MAIL TO: The Mikey Network
245 Yorkland Blvd. Suite 100
Toronto, Ontario M2J 4W9
www.mikeynetwork.com

AN OFFICIAL TAX RECEIPT WILL BE ISSUED FOR DONATIONS OVER \$15.

Charity Registration No. 87249 2004 RR001

HOME AT LAST®

EMERGENCY NUMBERS

SECTION 8

Emergency Numbers

EMERGENCY NUMBERS

The need may occasionally arise for emergency repairs. We define “emergency” as an event involving a warranty item that requires immediate attention in order to avoid substantial damage to your home or significant risk to your health and safety.

This includes any of the following which may occur during the warranty period: complete loss of heat, water or electricity; a gas leak; or a plumbing leak that requires the main water supply to your home to be cut off.

An emergency is also a complete stoppage of sewage disposal; a major collapse of any part of the home’s interior or exterior structure; and major water penetration of the interior walls or ceilings.

Loss of air conditioning is not considered an emergency, nor any damage caused by forces beyond our control, from municipal utility service failures due to “acts of God”.

If you should experience any of the above emergencies, call our 24-hour emergency response hotlines at the numbers below:

Heathwood Homes Service Department: Toll Free 1-866-964-7163
416-646-7163

Refer to www.tarion.com for details

HOME AT LAST®

WARRANTY INFORMATION

TARION COVERAGE

The TARION website is a great place to find general information on your new home and the most current version of the TARION Homeowners Information Package. Here you can familiarize yourself with the home warranty program and your responsibilities.

In order to keep your warranty in good standing it is required that you submit your warranty forms ON TIME directly to TARION and send a copy to our HEATHWOOD HOMES SERVICE DEPARTMENT.

We welcome you to our Heathwood Family and look forward to providing you with excellence in service.

Heathwood Homes Service Department

Phone: 416-646-7163

Fax: 416-490-1401

Email: service@heathwood.com

TARION

www.tarion.com

HOME AT LAST®

INSURANCE



HEATHWOOD HOMES EXCLUSIVE HOMEOWNER'S DIRECTORY



HOME AT LAST®



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www.heathwood.com

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