



BOMA BEST Level 3!

We're pleased to announce that Simcoe Place has progressed through the rigorous BOMA BEST program to be awarded with Level 3 certification. BEST stands for Building Environmental Standards and represents the positive direction of the commercial real estate industry in Canada and BOMA Canada's role in providing the mechanisms for common practices and standards across the industry. This award recognizes a property's sustained achievements in responsible environmental management in a variety of areas including energy consumption, progressive recycling and green innovation.

With four possible levels of certification, users can progress through the program at their own pace, using the framework and helpful information provided to improve and assess environmental performance and management effectiveness.

"BOMA BEST Level 3 certification is for buildings that meet all of the BOMA Go Green Best Practices and achieve 80-89% on the Go Green Plus assessment. Buildings at this level of certification have higher performance and demonstrate excellence in management. Level 3 buildings typically have been managing with energy and environmental performance in mind for several years. Management in these buildings is usually forward-thinking with flexibility to pursue environmental initiatives.

The highest level of achievement is BOMA BEST Level 4. Level 4 certification is for buildings that achieve over 90% on the Go Green Plus assessment and meet all of the BOMA Go Green Best Practices. This is no small achievement, as these buildings must be high performers with low energy consumption. The opportunity to implement new technologies and excellence in management and tracking are common for buildings that achieve BOMA BEST Level 4."

www.bomabest.com

Raising our standards to achieve Level 3 has been a steady progression at Simcoe Place. With the help and commitment of our tenants we've been able to cover enormous ground in a remarkably short time. With the help of our tenants, we're looking forward to raising our standards and expectations even higher as we target Level 4.



Published by
The Cadillac Fairview
Corporation Limited

For further information
please check

www.simcoeplace.com

The Busy Season

by Pat Caplan, General Manager, Simcoe Place

Most people associate September with the start of the busy season. Sweater weather seems to focus our senses, sharpen our ambitions and get us back into the work zone. The truth is, with our growing ability and need to connect with almost anyone at any time, we never really leave the zone. Every season seems to be the busy season, and that's especially true in the property management business. Every day that Simcoe Place is open for business is a full and busy day. I'm sure it's the same for our tenants, especially for those who fit travel into an already full schedule. In this issue of Simcoe Place Today, we feature an article by Shelley Burns N.D. that focuses on balance and health for the travelling business person. An interesting read.

One area that has kept us busy over the past few years and has provided enormous challenges and corresponding rewards is the greening of the complex on every level. From achieving LEED Gold and all the time and energy that went into compliance and certification, to more recently being awarded with the BOMA BEST Level 3 certification, Simcoe Place has become an industry leader and innovator. From an industry perspective, progress has been nothing short of remarkable.

Ten years ago, the average office building dumped nearly 100% of its waste into overburdened landfill sites. Today, commercial properties like Simcoe Place divert up to 80% of their waste into recycling, which results in waste being re-streamed back into the production cycle. And every kilowatt of energy we conserve as a complex and community not only results in operational dollar savings but also reduces the stress on our power grid, reducing the need for the construction of new, costly power facilities. Sustainable thinking has resulted in bottom line benefits.

It's time to take out the sweaters again. **Have a wonderful Fall season.**

FALL
2011

Did You Know?

- That making paper from recycled materials results in 74% less air pollution and 35% less water pollution than using non-recycled materials.
- That one gallon of used crude can produce the same amount of motor oil as multiple gallons of new crude while requiring 1/3 the energy to produce.
- By recycling a ton of writing paper, as much as 7,000 gallons of water can be conserved. Enough to provide an average family of 4 with 130 glasses of drinking water a day for more than a year.

When raw materials are not used in production, natural resources are saved, energy is conserved, pollution is reduced and the production cycle remains vigorous and cost effective. **Everyone benefits.**



zipcar Has Arrived!

Zipcar has come to Simcoe Place and we couldn't be happier. With 6 vehicles located on P1 level, tenants of Simcoe Place have convenient access to wheels when they need them. For those who need the convenience of a car part-time, but don't want the cost of a car full time, Zipcar is the perfect solution. If you're 21 years of age, with a valid driver's license, you could have access to a Zipcar membership within days. Go to www.zipcar.com and apply for your membership online. **Do it today. Happy driving!**



Laptop. Business Cards. Supplements?



Pack a strong immune system on your next business trip...

by Shelley Burns, B.A., N.D.

Whether winging your way abroad or travelling in your home continent, you can be guaranteed your immune system takes a hit. And it may not have time to recover before you're taking off again. Case in point: many of our clients fly to China one week each month. Their bodies haven't caught up from the last trip when they're back at

it yet again – a vicious cycle. We often get phone calls or emails from extensive business travellers as they've caught a cold or flu when they need to be at their best.

When you travel, your normal health routines can go out the window – you're dealing with different time zones, frequent meetings, entertaining and keeping longer than usual hours. Now you're susceptible to experiencing lower energy, incurring infections or generally feeling unwell. You might also experience a decline in mental acuity during a time when you need to be sharp.

Be top of your game in any time zone

Make room in your carry on for these supplements to maintain peak health throughout your busy travel schedule.

- Magnesium – relaxes muscles and aids in sleep
- AHCC – a blend of medicinal mushrooms that enhance immunity

- ReloraPlex – a blend of herbs that help maintain stamina
- B-Complex – helps support immunity and boosts energy
- Ginseng – supports stress responses and invigorates

You might also consider:

- CoEnzyme Q10 – a potent antioxidant that decreases physical stress and prevents oxidation in the body
- Melatonin – maintains normal sleep/wake rhythms and aids in reducing the effects of jet lag

Keep germs at bay while you're away

Arm yourself with these supplements to give your immune system a boost and to stay at peak health at 30,000 feet and beyond. Your mind and body will thank you for it.

www.scientahealth.com



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Get Out This Fall

Toronto's fabulous fall season kicks off October 1 with **Nuit Blanche**, the sunset-to-sunrise arts extravaganza. If you're not too sleepy October 2, check out the **5th Annual Picnic at the Brickworks** or **Downsview Park's fall fair** complete with kite flying and scarecrow making. **HarbourKIDS Monster 2011** features funny and scary monsters from October 8–10 at Harbourfront. For superb entertainment check out the **5th Annual Toronto International Flamenco Festival** October 15–25. **The International Festival of Authors**, October 19–30, featuring Canadian and international authors, is on every book lovers list. For a scary time, check out **Halloweek goblins in the Church-Wellesley** village October 24–31. Chocoholics will be licking their lips at thoughts of the **Toronto Chocolate Festival** featuring a Chocolate High Tea and Chocolate Ball October 2–23.

Don't miss the **Royal Winter Fair** held November 4–13 at Exhibition Place – the largest indoor combined agricultural, horticultural, canine and equestrian event in the world. Celebrate the **Day of the Dead** at Harbourfront Centre November 5–6 with music, crafts, dance and food. Elm Street hosts **Ice, Wine and Dine** on November 12 with great food and music. Mark the beginning of the holiday season with Toronto's famous **Santa Claus parade** November 20. Then bundle up for the **Cavalcade of Lights** on November 26 with the lighting of Toronto's official Christmas tree, live musical performances, ice skating and fireworks.

Make sure to visit the "Christmas around the World" festival at Nathan Phillips Square December 3–4. Finally, let the **National Ballet's annual Nutcracker performance** conjure up visions of sugar plums December 10–31.



For a complete Eservus listing, visit the Tenants page of this website and click on Concierge Services in the dashboard menu or call 416-598-8888. Prices include all taxes and service charges. Delivery to your office building is free.

ATTRACTIONS:

Art Gallery of Ontario

Adult: \$17.85 (reg. \$19.50)

Halloween Haunt – October 2011

General Admission: \$35.75 (reg. \$40.67)

Ontario Science Centre

Adult: \$24.80 (reg. \$28.00)

Youth/Senior: \$19.50 (reg. \$22.00)

Child: \$17.00 (reg. \$19.00)

Royal Ontario Museum

Adult: \$21.80 (reg. \$24.00)

COUPON BOOK:

Entertainment Book – Valid until November 2012

2012 Book: \$30.00 (reg. \$40.00)

THEATRE:

The Addams Family

Prices: \$57.00–\$125.00 (reg. \$62.00–\$135.00)

American Idiot

Prices: \$46.00–\$123.00 (reg. \$51.00–\$135.00)

Chess the Musical

Prices: \$67.00–\$115.00 (reg. \$73.00–\$127.00)

Memphis

Prices: \$57.00–\$125.00 (reg. \$62.00–\$135.00)

Mary Poppins

Prices: \$61.00–\$115.00 (reg. \$73.00–\$127.00)

The Second City's Dreams Really Do Come True

Prices: \$26.50–\$32.50 (reg. \$29.38–\$35.03)

Two Pianos, Four Hands

Prices: \$41.00–\$67.00 (reg. \$47.00–\$77.00)

TRAVEL:

SellOffVacations.com Enjoy reduced prices on SellOffVacation.com's guaranteed lowest prices on select vacation packages to Mexico and the Caribbean.

Via Rail Eservus clients enjoy an additional 5% savings on Via Rail's best available rates!

WIN MOVIE TICKETS... ENTER TODAY!

Win one of ten pairs of AMC Theatre tickets courtesy of Eservus and remember to visit Eservus first if you're looking for great deals. Enjoy reading Simcoe Place Today.



Click here to enter.



Go Ahead... Spoil Yourself

Every once in a while it's important to spoil oneself. We humans need to shake up our increasingly busy and often predictable lives and let our senses explore and imaginations roam. Throw out the notion of guilty pleasures, it's an important part of the grand plan. Work hard, be responsible and generous, and *never* underestimate the joys and benefits that come with pure pleasure.

"The Shore Club sets out to define your evening, complimenting the elegance and luxury of the restaurant and cocktail lounge with a decadent menu focused on classic surf and turf fare, serving only the freshest seafood and the best steaks in town.

With our stunning, contemporary interiors, dining at The Shore Club is not only about great food, but about creating a memorable experience as well."

Hazel Goh, General Manager, The Shore Club

Located on the ground floor of the RBC Centre



Have you ever walked into a restaurant and instantly felt elevated, as if you had walked into an altered reality? The Shore Club is just such a place. If you've had a drink at the bar, one of the City's best, or shared an amazing steak and seafood dinner with friends, you know what we mean. It's an establishment more than just a restaurant and it connects with the senses. All of them.

Whether it's a quick business lunch or a Friday evening celebration, The Shore Club will go beyond the call. The food, atmosphere and service are exceptional.

If it's lunch, you can choose from a Lobster Cobb Salad, a 7 oz. Filet Mignon, Buttermilk Fried Chicken or their fantastic 12 oz. Burger. For dinner, your senses might connect with King Crab Legs, one of a number of exceptional steaks or their signature Sea Bass. And if you're in the mood for a casual evening at the Bar, you can choose from an extensive by-the-glass wine list to go with Fresh or Pan Fried Oysters, Battered Prawns or a hearty Steak Sandwich. At The Shore Club, you'll find something for every taste and occasion.

With the start of the Holiday Season just a few months away, The Shore Club would be the perfect setting for a lunch, an after work party or client event. Sometimes you don't have to travel far to spoil yourself. Call The Shore Club at 416-351-3311.



Enterprise Rent-A-Car at Simcoe Place

Renting a car for a weekend getaway or when your vehicle is in the shop for a few repairs has never be easier or more affordable. With Enterprise Rent-A-Car located at the east end of the concourse, Simcoe Place tenants have the option of booking in person or online. With a variety of models and class sizes available, customers can choose from a long list of exciting models to fit budget and occasion: Suzuki Swift; Ford Fiesta; Nissan Sentra; Ford Focus,

BMW 323i; Mercedes 'C' Class. Call 416-751-1342 or visit www.enterpriserentacar.ca to make your reservation.

Enterprise Rent-A-Car is an extended family of more than 2,800 employees in Canada and 65,000 worldwide. From humble beginnings, Enterprise has quickly become Canada's largest provider of rental cars. Through tremendous leadership and the entrepreneurial spirit of its employees, Enterprise has built the largest rental car company in North America.

