



JamiesonPlace

JAMIESON PLACE NEWSLETTER SUMMER 2011

Jamieson Place Stampede Lunch



Yee haw! It's that time of the year again, The Calgary Stampede. For one full week we get to exchange our regular office clothes for something a little more relaxing and appropriate for this time of the year, jeans!

We are hosting a Tenant Stampede Lunch on Monday, July 11th in the Winter Garden of Jamieson Place between 11:30am and 1:30pm. This is a private function for the tenants of Jamieson Place only so please don't forget your building access card. There will be good food, a great band, lots of entertainment, games, a

50/50 draw, raffles and really great prizes. The lunch will be a Zero Waste event again this year, served on 100% compostable materials. All plates, cutlery, napkins, cups, stir sticks and food waste can be placed in the containers labeled "compost only." After the function, the waste will be removed from site and sent to Olds College to be composted.

This year we will be supporting Inn from the Cold, an organization that is committed to providing the first step in ending homelessness for families in Calgary. All funds collected at this event will go directly to help support Inn from the Cold purchase desperately needed beds for the families at the shelter. More information on Inn from the Cold can be found at www.innfromthecold.org.

Focus on: Chiasso Coffee Company

Chiasso Coffee Company's passion for quality can be seen in both their coffee and their food. They have recruited and selected not only the best roasters and barista but an industry leading team to create a truly unique café experience at Chiasso. Fresh baked breads and pastries are offered alongside homemade soups, sandwiches and hot food making Chiasso perfect for a quick

snack or lunch. Chiasso is now serving the newest chocolate invention by Bernard Callebaut "Papa Chocolat". Try some the next time you are there for a quick coffee or lunch. It is delicious! Chiasso also caters breakfast and lunch. Contact them for your next meeting at 403-566-7595 or check out their website at www.chiasso.ca.



Welcome to Jamieson Place



We wish to welcome the following Tenants to the building:

- Bank of Canada, located on the 24th floor;
- Export Development Canada, located on the 24th floor;
- Ki Modern Japanese + Bar, located on the main floor;
- Statoil Canada Ltd., located on floors 29th to 37th;
- Vitol BV, located on the 26th floor.

Building Website

For an electronic version of the newsletter please visit our website at: www.jamiesonplace.com Visit often for additional articles and coupons.

Inside this issue:

SUSTAINABILITY RECYCLING NEWS MATERIALS EXCHANGE PROGRAM GREAT MONITOR SHUTDOWN EXTENDED RECYCLING CENTRE TIPS FOR A GREEN SUMMER BLOOD DONOR CLINICS	2
--	---

CHILDRENS WISH FOUNDATION JAPAN DISASTER FUNDRAISER VETERANS FOOD BANK DRIVE CANADIAN LIVER FOUNDATION WINE & CHEESE FUNDRAISER	3
---	---

UPCOMING BUILDING EVENTS HELP US HELP YOU LIFE SAFETY JAMIESON FITNESS CENTRE	4
--	---

VALUABLE COUPONS BUILDING AMENITIES	5
--	---

CLIKFIX	6
---------	---



JAMIESON PLACE NEWSLETTER SUMMER 2011

Sustainability/Recycling News

Materials Exchange Program

Recycling has a lot of obvious benefits. It reduces the expansion of landfill sites and saves the environment from adding new ones. Water and energy consumption and pollution are significantly reduced when opting for recycling over producing from fresh materials.

The Materials Exchange Program is specifically for reusable items such as office electronic equipment and office furniture.

If you have an item that you would like to give away, please send the information on the item, be as detailed as possible, along with your contact information so that you may be reached by the interested party, to the Tenant Relations Manager Anita Ferland at afeland@bentallkennedy.com. The item(s) will be posted on all of our downtown building

websites for a period of three months.

Whether you are looking for, or giving away a reusable material, the Jamieson Place website is the place to go. To view current items visit the website at www.jamiesonplace.com. The Materials Exchange page is located under the Sustainability Tab.

Great Monitor Shutdown Challenge

During Environment Week 2011, tenants challenged each other to find out who could turn off the most computer monitors before leaving the office every day. Congratulations to Hallmark Tubulars, the winner of the Great Monitor Shutdown Challenge! Through their collective efforts, Hallmark finished the week with a final result of 79% of the office shutting down their monitors every

evening. Well Done!! For their efforts, Hallmark has won a Lunch & Learn of their choice to be held in the conference centre. Thank you to everyone that participated!

Extended Recycling Centre

Bentall Kennedy LP is committed to being a leader in sustainable practices and is pleased to provide an extended recycling program for the tenants of Jamieson Place. The Recycling Centre is located next to the freight elevator in the loading dock. Tenants are invited to bring down their items and place them in the appropriate labeled containers. We are now accepting Toner Cartridges as part of our regular recycling program. If possible, please place the cartridges in their original packaging (or in a box) to prevent toner from spilling.

Tips for a "Green Summer"

Purchase a rain barrel to harvest rain water from your roof.

- Water use in Calgary doubles in the spring and summer months due to residents watering lawns and gardens;
- Rain water is better for your garden and lawn as it has no added chemical and it is the right temperature for the plants;
- The average Calgarian will get 200 barrels of rain from their roof during the growing season;
- Harvesting rain water decreases the amount of storm water entering the river without treatment;
- Using a rain barrel decreases your greenhouse gas emissions associated with water treatment.

Blood Donor Clinics - Livingston Place

Blood Donor Clinics are scheduled to be held in the Livingston Place Conference Centre, 222 3rd Avenue SW, south tower, +15 level, from 8:30am to 1:30pm on the following dates:

Wednesday, July 20th
Wednesday, September 21st
Wednesday, November 16th

All tenants are welcomed to participate.

Call 1 888 2 DONATE
(1-888-236-6283) to book your appointment today.

Through the Blood Donor Clinics held on March 9th and May 4th your donation of blood helped to save a total of 408 lives.



Canadian Blood Services
it's in you to give



JAMIESON PLACE NEWSLETTER SUMMER 2011

Charities and Fundraising Events



Children's Wish Foundation (Alberta Chapter)

Established in 1984, the Children's Wish Foundation is a national non-profit organization dedicated to fulfilling a favorite wish for children diagnosed with life threatening illnesses. Since its inception, the Children's Wish Foundation has granted more than 17,000 wishes for children and their families and fulfills approximately 900 wishes annually. This charity relies on the support of its donors, corporate sponsors and volunteers to make certain that no wish is refused. They have established themselves as one of the most recognized registered charities in Canada and have never turned down a wish from a child whether that be a computer, travel to some destination, to meet a celebrity or have their family move closer to them. Through our building Pop Can/Bottle Recycling Program, we have been able to raise almost \$9,000 dollars for this charity between January and April, 2011. We will continue to keep you updated on the funds raised in future Newsletters.



Japan Disaster Relief Pizza & a Movie

On March 30th Livingston Place, in partnership with Autonomy's Social Club, held a charity event in the Livingston Conference Centre to raise funds for the Canadian Red Cross Japan Disaster relief effort. For a minimum donation of \$5.00 tenants were given the opportunity to watch the documentation "Asian Tsunami Disaster" and enjoy a Pizza and Pop lunch. \$2,120 was raised through this endeavor with both the donation from the lunch and from those who chose to donate thru the Red Cross Website in support of this initiative. Thank you everyone who participated.



Veterans Food Bank Drive

Our annual Spring Food Bank Drive, in support of the War Veterans of Canada, was a

great success again this year. For three weeks between April 4th and April 21st bins were placed in the main lobby of the building for food donations. By the end of this campaign we were able to donate over 1,000 pounds of food to the Veterans Food Bank Drive through your generous donation of non-perishable food items. Thank you for your continuous generosity to the Veterans Food Bank every year!!

CANADIAN
LIVER
FOUNDATION



Canadian Liver Foundation

During the month of March, the Canadian Liver Foundation set up tables on the main floor lobby during the lunch hour to sell Daisies. The campaign was a great success and with your help, \$2,800 was raised during the three lunch hour events. Thank you to everyone who purchased these bright and cheerful flowers during the Spring for Daisies Campaign in support of the Canadian Liver Foundation.



Wine & Cheese in Support of Inn from the Cold

On Thursday, May 5th, our 2nd annual Beer & Wine Tasting Event was held in the Livingston Club. This year 100% of all of the funds raised were donated to "Inn from the Cold" in support of their efforts to end homelessness for families in Calgary. Attendees were entertained by the soulful jazz music of Scott Hill, enjoyed hor d'ouvres by Osteria de Medici and a variety of Beer and Wines provided by Enoteca. The first 100 people received a beautiful hand painted wine glass to keep as a souvenir. The event was well attended and with your generous support we were able to raise \$3,100 for this charity!





JAMIESON PLACE NEWSLETTER SUMMER 2011

Upcoming Building Events

*Farmers Market
Livingston Place
August 17th*



Are you a Big Fan of the Farmer's Markets but finding it hard to get to? If so, then you are going to enjoy Wednesday August 17th between 10:00am and 3:00pm in the Livingston Place Plaza. That's when we are bringing the Farmer's Market to you! Come shop from local producers of meats, fruits, vegetables, preserves, desserts, baking, artistic goods and much more. There we will be some great musical acts to entertain you and delectable food to enjoy! Bring your environment friendly bags and head down to the Plaza!

Life Safety

Just a reminder of the Muster Points for Jamieson Place should there be an evacuation for any reason:

North Exit - Courtyard (north side) of Livingston Place, situated on the corner of 2nd street and 3rd avenue;

South Exit - Fountain area of Fifth Avenue Place which runs parallel to 5th Avenue.

*Fashion Show
Jamieson Place
August 26th*



On August 26th, head on down to the Winter Garden of Jamieson Place and catch a sneak peek of the Fashion Show being held that evening in support of PARK. This is an entirely volunteer based organization with 100% of all profits from all events going towards funding emerging artists and hosting future events that benefit the community. Advance tickets to the show may be purchased during the lunch hour at a discounted rate for tenants of our buildings. The premise of the event is to host a high end fashion show and art exhibition which gives exposure to new emerging artists and designers while raising funds for the organization.

Help us Help you

Our Operations/Maintenance staff work hard each day to keep the building occupants comfortable and the building running smoothly. Here are some of the ways you can help us help you:

- DON'T put stir sticks or anything else down the kitchen sinks – if it wouldn't go down your sink at home, it won't go down the sink at work;
- DON'T flush feminine hygiene products down the toilet – the toilet will back up;
- DO use the ashtrays pro-

vided outside of the building;

- DON'T smoke in non-smoking areas – often this is near fresh air intakes where the smoke is pulled into the building;
- \DO contact ClikFIX (1-866-254-5349) if you see any burned out lights or plumbing issues;
- DON'T block perimeter registers or try to manipulate ceiling air diffusers – this can cause worse temperature/air flow problems for both you and your neighbors.



Jamieson Place Fitness Centre

Registration for all boot camps

Summer is here, it's time to get out and enjoy the sunshine! The fitness centre will be offering outdoor boot camps on Tuesdays and Thursdays beginning July 12th and ending August 25th. Tuesday classes run from 12:30pm until 1:15pm and Thursday classes run from 11:15am until 12:00pm. Cost is \$50. each. Registration begins June 13th @ 7:00am - hurry, space is limited!

In an effort to keep your change rooms as clean as possible, we will be doing routine cleaning and maintenance every Thursday from 9:00am until 10:00am. During this time the fitness centre change rooms will be closed. You may still use the locker rooms on the P1 level and the workout area will remain open. Thank you for your cooperation. Have questions or comments? Contact Joanna Ford at: www.jamiesonfitness@bentallkennedy.com or 403-503-9106.



JAMIESON PLACE NEWSLETTER SUMMER 2011

Valuable Coupons

Gateway Newstands!



Nutty Club Candies!
2 for \$5 or 1 for \$2.75

** Must present coupon at time of purchase **
Coupon expires on August 31st, 2011
Valid only at Livingston Place

Gateway Newstands!



Buy a 90g bag of "Lay Chips"
and get a 1 Liter Coke for \$2.00.

** Must present coupon at time of purchase **
Coupon expires on August 31st, 2011
Valid only at Livingston Place

Gateway Newstands!



Purchase a Sandwich and get a
free "Nature Valley Bar"

** Must present coupon at time of purchase **
Coupon expires on August 31st, 2011
Valid only at Livingston Place



JamiesonPlace



Building Amenities

Jamieson Place

Chiasso Coffee Company 403-266-7595
Ki Restaurant + Bar 403-264-1133

BP Centre

Tim Horton's / Aramark 403-263-2342
A & W Restaurant 403-262-8638
Wok Box 403-265-0411
Quizno's 403-265-0410
Jugo Juice 403-263-4455
Thai Express 403-263-3350
Health Fare 403-264-8746
Citadel Café 403-265-0488
Gateway Newstands 403-532-6488
Studio 400 Hair Salon 403-266-6770
Chiropractic Care Centre 403-237-5200

Livingston Place

Starbucks Coffee 403-532-0297
Gateway Newstands 403-718-9099
TLC Auto Detail 403-262-1522

ATM Machines

BP Centre - Main lobby
Livingston Place - Gateway Newstands



JamiesonPlace

JAMIESON PLACE NEWSLETTER SUMMER 2011



ClikFIX is Bentall Kennedy's Tenant Service Contact Centre providing a central resource for all your service needs.

DESIGNED TO MAKE IT EASY FOR YOU.

For your convenience, ClikFIX personnel are available 24 hours per day, 7 days a week to receive your service request. Simply contact us by phone, email or online.

TYPICAL REQUESTS:

- Lighting, Electrical
- Heating, A/C
- Plumbing
- Construction, Repairs
- Fire & Life Safety
- Housekeeping, Recycling
- Parking
- Landscaping
- Shipping, Receiving
- Security
- Locks, Moves
- Leasing Inquiries

t. 1 866 ClikFIX (254.5349) e. service@ClikFIX.com www.ClikFIX.com



Our foundation is
service

GF- 1 2111