

Welcome to your new and improved 150 News - a quarterly newsletter, serving as a communication tool to keep all 150 - 9th Ave tenants up to date on events and new information about the property. We hope you enjoy this edition and invite you to provide comments on items that you would like to see included in the next edition. Send comments to Clare at: crooney@aspenproperties.ca

Q4 2015

Eservus

A concierge service offered to all Aspen tenants with exclusive access to concert tickets, movie passes and much more. To purchase call 403•269•0744 or go to www.eservus.com.

Check out this month's gift certificates and tickets:

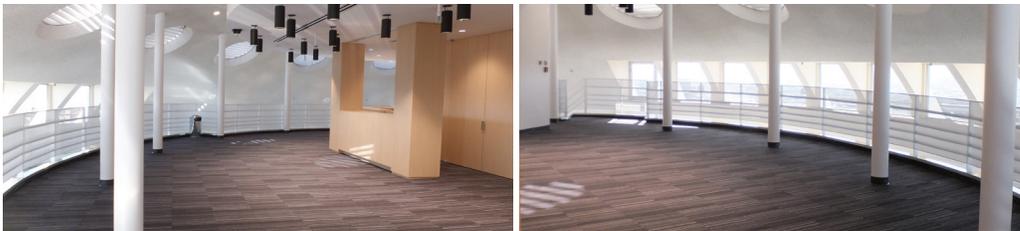


Aspen's Partnership with Heavens Elevated Fitness

Through our partnership with Heavens Fitness, as a tenant of any Aspen Properties buildings, you are eligible for a corporate discounted membership rate at Heavens Fitness.

Heavens Fitness is located on 637 - 11th Ave SW. Please contact Melanie on 403•263•3113 or at gm@heavensfitness.com to arrange a tour of the facility, check out one of the many classes they offer and get pricing details. www.heavensfitness.com

Remodeled Upper Deck at Calgary Tower



The Calgary Tower is pleased to announce that renovations to the second observation level are now complete. Located one floor above our observation deck, Upper Deck has been remodeled into a sophisticated semi-private event space. Featuring a sleek new look and capacity for up to 90 guests, the space also includes a state-of-the-art built-in audiovisual system including a projector, screen, cordless microphone and sound.

The space will primarily be used for our Upper Class education program, but it is also perfect for a variety of other functions, such as: business presentations, cocktail receptions, private dinners, field trips and birthday parties. If you are seeking a comfortable, unique, culturally significant function for 90 guests or less in the heart of downtown Calgary, look no further.

For more information, please contact events@calgarytower.com

150 NEWS

ASPEN TOOLS

www.aspenproperties.ca

Information about Aspen Property Management Ltd.

403•781•8500

Office Hours

Monday - Friday

8:00 am - 4:30 pm

Open through lunch hour

Aspen Service Centre

www.goaspen.ca

For all your service and maintenance requests, help is just a click away.

Or call **310•GoAP (4627)**

Security

To request a Safewalk, report an incident or for Lost and Found

403•781•8505

Emergency Response Plan

If you have any questions, or would like a copy of the plan, please contact

Adam Parsons at:

403•781•8519

aparsons@aspenproperties.ca



CIBC Run for the Cure

1 In 9 Canadian women will get breast cancer in their lifetime.

That's why on Sunday, October 4 2015 the **Aspen In Action Again** team participated in the 2015 Canadian Breast Cancer Foundation CIBC Run for the Cure. The money our team raises will help fund vital research, education and community support initiatives.



October is Breast Cancer Awareness month and pink ribbons will be on all concierge desks until October 31. Please leave a donation when collecting your ribbon.

Project Warmth

As the temperature drops and we put on warm clothing to guard ourselves from the cold winter weather, we understand the greater need for warmth.

Commencing November 9 until December 31, Aspen Property Management will be collecting items of gently used warm weather clothing on behalf of the Project Warmth Society of Alberta.



Project Warmth will accept warm winter jackets, toques, gloves/mitts, blankets and sweaters for both males and females in sizes ranging from baby to adult plus.

We will be accepting your donations at the 150 Concierge desk. For more information on Project Warmth, please visit www.projectwarmth.com

The Calgary Food Bank

We will be collecting for the hungry and needy in our local community from October 15 to November 9, 2015. All donations will go to The Calgary Food Bank, www.calgaryfoodbank.com. Boxes to collect these will be at the Concierge desk. Suggested donations are: canned soup, veggies, fruit, meat or fish; fruit juice; rice; pasta; pasta sauce; peanut butter; baby food, formula and diapers.

Ways we can improve the building

Do you have an idea to improve the building or offer a new service?

We would love to hear it. We succeed by developing our services to meet your needs. A comment and suggestions option is available on the Tenant Service Centre website at www.goaspen.ca or you may contact Aspen Property Management on 403•781•8500.

Fall Green Tips

- » **Feast on local, seasonal foods:** Fruits and vegetables in season for the late fall don't need to be trucked around the country and your purchases support your community.
- » **Use natural festive decorations:** Forgo craft store supplies for beautiful, biodegradable decorations you can find in nature. Pine cones, gourds, leaves, and acorns are just some of the materials that can add seasonal ambiance to your dining room.

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YOUR ASPEN TEAM

DALE ZAWYRUCHA
General Manager

SANDRA DIVER
Senior Property Administrator

CLARE ROONEY
Property Administrator

BILL PARSLOW
Operations Manager

KELLY GATTINGER
Chief Engineer

DAVID LENNON
Senior Building Operator

KHAGENDRA NEPAL
Junior Building Operator

ADAM PARSONS
Manager, Security & Life Safety

SUNDAR RANJITKAR
Morning Concierge

TERRY MCLEAN
Afternoon Concierge



2015 BUILDING HOLIDAYS

The Aspen Administration Office will be closed access on the following days:

Remembrance Day
Wednesday, November 11

Christmas Day
Friday, December 25

In lieu of Boxing Day
Monday, December 28

Contact the Aspen Service Centre to schedule holiday HVAC services:
310•GoAP (4627)

- » **Invest in the perfect reusable mug** and kick the disposable cup habit. Polystyrene isn't biodegradable and after just one use most cups will end up lingering in a landfill for centuries. Many coffee shops will also pour your brew in a ceramic mug if you request it.
- » **Give your coffee grounds a second life:** Keep grounds handy in the kitchen to scrub grease off pots and pans or try placing them in the refrigerator to absorb odors. Used coffee grounds also make great plant fertilizer. Toss them in your compost heap or tumbler to add a natural nitrogen boost.
- » **Leaf blowers:** Rakes are effective and cheaper than using a leaf blower. Plus, you get a chance to burn some extra calories. If you need a power tool for a hard to reach spot (like your roof or in-between shrubbery) try an electric leaf blower rather than a gasoline-powered one. Electric leaf blowers are usually quieter, more energy-efficient and get the job done just as well as their high-powered counterparts.
- » **Hire neighborhood kids to help:** If you don't have the time or energy to clean up your yard after a long work week, support the local economy by hiring kids in the neighborhood to help you with your yard work. Not only is it affordable but it's also more ecological.

Security & Life Safety

Security around the workplace is everybody's business. It is not solely the responsibility of management, security personnel or the Police. The key is awareness, coupled with action on your part. That is to say; we should all be made aware of security concerns and then take appropriate action to reduce them.

- » Access to your office should be limited and controlled. Criminals look for the target that is quick and easy.
- » All employees should be instructed to question any strangers. This includes people who may work in the building but do not belong on a certain floor or in a certain office area. In most cases a polite, "Can I help you?" will suffice.
- » Your office might also consider some type of coded telephone alert system to and/or from the receptionist. Such a system could be used to summon assistance if a hostile situation should arise. Problem clients/customers should have their files flagged.
- » Always keep purses in locked drawers and never leave your wallet in a jacket pocket, on a coat tree or chair back. More credit cards are stolen in the workplace than any other location.

These are only a few of the tips you should be thinking about when examining your office security. Most are simply good common sense; but remember if they are not practiced they will not help. All employees must do their part to make it work.

Service Requests - goaspen.ca

For all your service needs. From lights burnt out in your office to heating in your space, please call Aspen Service at 403•310•4627, visit goaspen.ca or email service@goaspen.ca to place a work order

Tenant Spotlight



LUNCHBOX THEATRE ANNOUNCES TENANT TUESDAYS & THURSDAYS!

Lunchbox Theatre would like to extend a special offer to all Aspen Properties tenants and their employees. Come and join us any Tuesday at 12:00 pm or Thursday at 6:00 pm and receive a special 20% discount to any of our regular shows in our 2015/16 season!

Tickets can be booked through our box office on the main floor of the Tower Centre, by phone at 403•265•4292 or via email at boxoffice@lunchboxtheatre.com. Come on down and add a slice of fun to your lunch hour! www.lunchboxtheatre.com

TOWER CHIROPRACTIC AND MASSAGE ACCEPTING NEW PATIENTS

Flexible appointment scheduling - please call 403•263•7477.

Conveniently located on the main floor of Palliser One. We have a growing list of services to help maintain your health and happiness. Our team will include Chiropractic, Massage Therapy, Acupuncture, Traditional Chinese Acupuncture, a Psychologist, CranioSacral Therapist, and an Athletic Therapist. www.towerchiro.ca

VISIT YOUR TOWER CENTRE DENTISTS

Dr. Doug Galan - 403•265•3146 | Dr. Eli Markovich - 403•262•3826

We are located in suite 430 of Tower Centre West (131- 9th Ave SW). Early morning and lunch hour appointments are available.

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