

Welcome to Tower News - a quarterly newsletter, serving as a communication tool to keep all tenants up to date on events and new information about both **Bell Tower and MNP Tower** properties. 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. Please email us at edmonton_reception@aspenproperties.ca

Q1 2016

Jackson's Gym Opening Spring 2016

We are pleased to announce we will opening a fitness facility on the 3rd floor of the Bell Tower. The fitness centre **Jackson's Gym** will be a complimentary amenity for all Bell Tower and MNP Tower tenants. The gym will include 5500 sq ft of space with state of the art equipment, a 950 sq ft studio, modern changing facilities with oversized showers, towel service and other amenities.

To read more about the original **Jackson's Gym** please see [this article in the Edmonton Journal](#).

Opening Soon at Bell Tower - Joey Restaurant



Construction is well underway, we are looking forward to completion in the spring.

What's on around Edmonton

Ice Castles at Hawrelak Park December 30 to March (end date weather dependent)

This winter explore the Ice Castles and view the beauty of the ice castle structure and squeeze, squish and crawl through parts of the stunning, Narnia-like display. Favorite photo spots can be found in the throne room, in front of the waterfall and throughout the winding ice maze. Children will enjoy whizzing down the tubular ice slide and spelunking through small tunnels. To purchase advanced tickets please visit: www.icecastles.com/edmonton

Ice on Whyte Avenue January 21 to 31

For the 10 festival days expect lots of outdoor fun. There will be ice and snow exhibits, an interactive children's play area, the famous giant ice slide and much more. Every day new ice and snow carvings will be created by the artists in residence and special guest artists from Russia, Latvia, the Netherlands and Canada. Come outside to play and stay to enjoy the live music, fashion, food, hot beverages and culturally themed days. For more information and to purchase advanced tickets please visit: www.iceonwhyte.ca

Swing 'n' Skate January to February

Features live swing, jazz and big band music in the City Room at City Hall from 1:00 - 4:00 p.m. on most Sundays throughout January and February. Each week local bands will be joined by

*we wish you a
HAPPY, HEALTHY
& PROSPEROUS
2016*

TOWER NEWS

ASPEN TOOLS

www.aspenproperties.ca

Information about
Aspen Properties

780•442•3100

Office Hours

Monday - Friday

8:00 a.m. - 4:30 p.m.

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

780•493•7512

Advanced Parking

For information on parking
and monthly passes call

780•426•8438



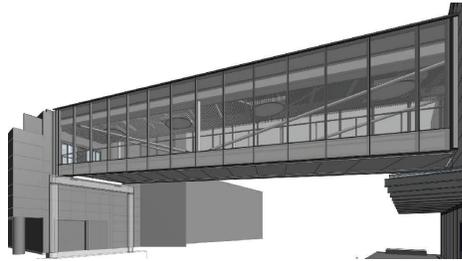
the Sugar Swing Dance Club to help put the boogie - woogie in your step! If you'd rather be outdoors, the music will be broadcast directly outside for the enjoyment of ice skaters on City Hall Plaza. Free skate rentals will be available on a first come, first serve basis.

Romeo & Juliet March 18 to 19

Captures the tragic tale of Shakespeare's star crossed renaissance lovers with astonishing grace and heartbreaking intimacy. One of the best loved works of Artistic Director Jean Grand-Maitre, the ballet is set to the musical genius of Sergei Prokofiev - whose composition has been referred to as the greatest ballet score ever composed - and will be played live by the Edmonton Symphony Orchestra and the Calgary Philharmonic Orchestra.

Bell Tower Pedway Expansion

The Bell Meeting Room located near Stantec on the 2nd level of Bell Tower will begin transformation into an aboveground pedway this month. It will connect to the Edmonton Tower and enable indoor access to the ICE District properties. Due to this new pedway expansion the Bell Meeting Room is no longer available. Minor disruption to the loading dock may be experienced during expansion work. Building memorandum to follow with further updates.



Thank You for Your Donations

Aspen would like to thank you for your kind support and generosity in donations to the **Edmonton Food Bank**. Together we collected 212 kilograms of food in 2015. We look forward to continuing assisting members of our community in 2016. We also collected three large bags of clothing donations for the **Boys & Girls Club** in the month of December. Thank you again for your continuous support.



GardaWorld Partnership

Aspen Properties is pleased to announce that we have partnered with GardaWorld Security Services effective January 1, 2016 for the safety and security of our sites of Bell Tower & MNP Tower.

GardaWorld Security Service is the largest privately owned security company in the world. They have always been highly regarded for their services and are currently securing assets and people in over 140 cities across Canada.

Security and Life Safety

The Aspen team has been working diligently to update the Emergency Procedures Manual to ensure that our tenants are current with the emergency procedures for Bell Tower and MNP Tower. The manual includes information on Evacuation Procedures and Floor and Tenant

TOWER NEWS

YOUR ASPEN TEAM

MORLEY BARR
General Manager

LINDSAY LEDUC
Assistant Property Manager

KRISTIN CARIGNAN
Property Administrator

ANA PEREIRA
Receptionist/
Administrative Assistant

JEROME MENSINK
Bell Tower
Operations Supervisor

FRED BOTELHO
MNP Tower
Operations Supervisor

RENE CARDINAL
Bell Tower Building Operator

FERNANDO RAPOSO
MNP Tower Building Operator

CHARLES MUTABARUKA
Bell Tower
Tenant Services Representative

NOEL ALCAIDE
MNP Tower
Tenant Services Representative



Warden information that will assist you in the event of an emergency.

To view a copy of the Building Manual please visit our website www.aspenproperties.ca

Staying Safe on the Roads this Winter

The Aspen team will be working hard to ensure that all sidewalks and car parks are kept clear of snow and gritted for ice this winter season so that all you need to think about is the part of your journey that's on the roads.

We want you to have an accident-free winter and in order to help with this we've come up with some top tips for making sure that your commute to work is as safe as possible:

- » Get your vehicle booked in for its pre-winter tune up;
- » Check daily weather forecasts and travel updates before you set off on your journey;
- » Carry emergency supplies such as warm blankets, a candle and non-perishable food items;
- » Switch to your winter tires;
- » When driving, always maintain awareness of open space around your vehicle; aim to constantly have an 'escape route' in mind, and leave ample stopping distance from the car ahead;
- » In a skid situation remain calm and remember to look and steer where you want to go; most people end up losing control due to over-correcting when panic hits.

Storage Space

Storage space is available, please contact Lindsay Leduc at lleduc@aspenproperties.ca for more information.

Bike Cages

If you enjoy cycling to work we offer bicycle storage in the locking dock area. Please note that we are in the early stages of upgrading our bicycle storage space. Should you wish to secure a bike storage space please email Kristin Carignan at kcarignan@aspenproperties.ca.

Did You Know?

In addition to our daily services did you know we also provide...

- » Afterhours HVAC
- » Recycling bins
- » Steam Cleaning Coordination
- » Contractor Preferred Lists
- » Electronic recycling

Please don't hesitate to call 310•GoAP for any building service needs.

TOWER NEWS

2016 BUILDING HOLIDAYS

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

Family Day
Monday, February 15

Good Friday
Friday, March 25

Victoria Day
Monday, May 23

Canada Day
Friday, July 1

Heritage Day
Monday, August 1

Labour Day
Monday, September 5

Thanksgiving
Monday, October 10

Remembrance Day
Friday, November 11

In Lieu of Christmas Day
Tuesday, December 27

Boxing Day
Monday, December 26

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



Tenant Spotlight



A FRESH FARE EXPERIENCE EVERY DAY!

Now open in the lobby of Bell Tower, come visit La Prep for your business catering needs.

Perfect for business breakfasts, luncheons and general office receptions; La Prep is capable of providing catering services for any amount of people. We offer continental breakfast platters, breakfast sandwich platters, lunch sandwich platters, group salads and dessert platters for buffet style events. For individual group orders, we have our signature La Prep lunch box, individual sized meal salads and/or hot meals.

For further information please call 780•964•8156 or email bell@laprep.com

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