

Welcome to Palliser News - a quarterly newsletter, serving as a communication tool to keep all Palliser Complex tenants up to date on events and new information about the 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. Feel free to contact Kimberley at: kferguson@aspenproperties.ca

Q3 2016

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:



Fort McMurray Donations

Since our last publication Northern Alberta was affected by the tremendous disaster which occurred near and in Fort McMurray. As a response to this tragedy we all pulled together to assist the tens of thousands of displaced residents of Fort McMurray and the Regional Municipality of Wood Buffalo.

We received a huge response to our request for donations to Edmonton Emergency Relief Service Society (EERSS) and the Edmonton Food Bank. Thanks to your generosity, necessary supplies were delivered from the Calgary Tower collection point to those affected by the disaster.

The Calgary Tower is giving away free admission to Fort McMurray residents and will continue to do so until September 5, 2016.



Amazing Race Canada stops at Calgary Tower



The Amazing Race Canada filmed a daring challenge at Calgary Tower in the second episode of the series, which saw the contestants race through the streets of Calgary. The episode aired on CTV July 5.

PALLISER NEWS

ASPEN TOOLS

www.aspenproperties.ca

Information about
Aspen Properties

403•216•2660

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)**

Palliser 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



Lobby Renovations

As the base of the tower undergoes renovations, we would like to let all of our tenants know that Calgary Tower is still open and welcoming visitors from 9 a.m. daily.

Palliser Fitness Centre



We are pleased to announce that Aspen and Heavens Elevated Fitness have partnered to operate the Palliser Fitness Centre. Heavens Elevated Fitness offers classes during lunch hour, as well as personal training sessions.

For more information about Heavens Elevated Fitness, class schedules or to register email us on fitness@pallisercomplex.com or visit the Tenant Resources section on our website www.aspenproperties.ca

Tenant Amenities



Lunchbox Theatre Presents:

WHAT GIVES? September 14 to October 3

Stewart Lemoine's irresistibly catchy musical **What Gives?** is the story of two intrepid but stymied 1930s Manhattan songwriters who are unexpectedly visited by a pair of glamorous and alluringly-attired adventuresses.

In an homage to the great movie musicals of the 1930s, secret glances and riveting dance numbers ensue as the couples experience a whirlwind romance amidst music, moonlight and chinese food. lunchboxtheatre.com

Vertigo Theatre Presents:

ALLIGATOR PIE October 19 to 23

An original Soulpepper production, brings the celebrated children's poems of Canada's Father Goose, Dennis Lee, to vibrant theatrical life. Soulpepper's creation ensemble fills the stage with music, invention and Lee's delicious imagination.

Recommended for ages 3+. vertigotheatre.com



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YOUR PALLISER TEAM

DALE ZAWYRUCHA
General Manager

MONICA SCHIWY
Property Manager

CIARA BRESNAHAN
Senior Property Administrator

KIMBERLEY FERGUSON
Property Administrator

BILL PARSLow
Operations Manager

KELLY GATTINGER
Chief Engineer

ADAM PARSONS
Manager, Security & Life Safety

BRETT KOROLUK
Leasing Manager

Need assistance while parking
in the Palliser Parkade?
Call PARKER PETE on:
1•877•771•7383



Environmentally Aware

Thank you to everyone who participated in our Green Day tip submissions. The winners of the Green Day gift baskets were:

Bruce [Impark Parking]

Rebecca [Critical Control]

Ellen [Dr. Markovich and Dr. Galan Professional Office]

Cindy, Adrian and Cameron [Schlumberger Canada]

Kanta [Dr. K. Dave Professional Office]

Celine and Alyssa [Olympia Trust]

Costa [Bell Canada]

- » If while cooking you burn sugar on your pan, the best way to remove it is by boiling some water with a little bit of vinegar in it. It will remove the burnt sugar from your pan without using chemicals.
- » If you have marble flooring, you can use water with a little bit of vinegar to mop and clean your floors, no need to add any chemicals.

Green tips courtesy of **Gabriela** [Schlumberger Canada]

Summertime Home Safety Tips

- » **Secure it.** Take a walk around your property. Do you see any way to get in? If you can see a potential entrance, a thief will as well. Purchase a good locking device to lock up ladders, patio furniture, recycling bins and anything else a thief could use to gain access to a second-storey window. Never hide a key anywhere outside.
- » **Maintain it.** A home that's well cared for is a less attractive target for thieves. Trim hedges that exceed window-height and cut evergreen branches up at least three feet from the ground to eliminate hiding places on your property. General maintenance also decreases the risk of other problems, especially water damage.
- » **Going away.** If you're going on vacation for more than a few weeks, turn off the water to your home and drain the lines (turn on your taps for a few minutes and flush your toilets). The less water and pressure there is, the safer your home will be if a pipe, toilet or tank happens to burst.
- » **Keep it looking lived in.** Your home is less likely to catch the attention of a thief if it looks like it's being lived in, so it should reflect your regular schedule and give the indication that someone is home. If there are normally children's toys in the yard, leave a few out. Also consider placing extra shoes at the front and back doors. Inside, tune the radio to an AM talk station, so there are voices to be heard, turn down the volume on your phone - constant ringing is a sure sign that you're away - and don't forget timers for your lights.
- » **Make a friend.** Find a friend or neighbour you trust to keep an eye on your home. Have them cut the grass, park a car in your driveway, pick up your mail and even put out some extra garbage on garbage day. Inside, they can occasionally adjust the blinds or other visible property.

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2016 BUILDING HOLIDAYS

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

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



FREE CORKAGE MONDAY'S
EVERY MONDAY THE CORKAGE IS ON US!

RUTH'S CHRIS STEAK HOUSE

CALL 403-246-3636 FOR DETAILS AND RESERVATIONS
OR VISIT WWW.RUTHSCHRISALBERTA.CA

Ruth's Chris is located on the 2nd floor of Tower Centre.



NEW PHYSIOTHERAPY AND MASSAGE CLINIC IN TOWER CENTRE WEST MEDICAL WING

Physiotherapists: Jill Farmer, Louise Taylor and Tyson Plesuk

Massage Therapists: Robin Adair and Dennis Baltazar

With over 49 years of combined staff experience, our clinic provides innovative, evidence-based care sensitive to your unique mobility needs and treatment goals.

Our team of physiotherapists and massage therapists treat: Osteoarthritis, Sports Injuries, Sprains and Strains, Headaches, Motor Vehicle Accidents, Post-Concussion Issues and Temporomandibular Joint (TMJ). Movement Sports Clinic therapists also provide assessments for: Functional Movement Screening, Injury Prevention, Running Evaluation and Optimizing Sport Performance.

Visit us online at www.movementsportsclinic.ca or call 587-318-1600 to learn more! We offer one-on-one therapy sessions in private rooms. Direct claim submission available. We look forward to meeting you and helping you Move Well!



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 Avenue SW). Early morning and lunch hour appointments are available.

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