



# informer

A NEWSLETTER CREATED SPECIFICALLY FOR THE TENANTS OF REDCLIFF REALTY MANAGEMENT



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## Taking some heat out of global warming



WORLD WEATHER PATTERNS ARE CHANGING AND THE POLAR ICE CAPS ARE RETREATING. OUR GLOBAL STOCKS OF NON-RENEWABLE RESOURCES ARE DEPLETING AND DELICATE ECOSYSTEMS ARE COLLAPSING.

Amidst these reports there is growing and widespread political, public and corporate consensus that we are all accountable. It's time to re-evaluate the impact we have on the planet and make some significant changes.

The commercial real estate sector consumes an enormous amount of energy, water and other resources. While many in this industry have been promoting energy conservation and resource management for years, we are only now experiencing a groundswell of support for the implementation of green building practices.

In the late 90's, a trailblazing coalition of building industry leaders formed the U.S. Green Building Council and developed a system for developing high-performance, sustainable buildings known as The Leadership in Energy and Environmental Design (LEED) Green Building Rating System™. LEED promotes a whole-building approach focused on five key areas of human and environmental health: sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality, and has become widely accepted worldwide as a benchmark for the design, construction and operation of high performance green buildings.

Moving forward on the success of LEED and other international standards, the Building Owners and Managers Association of Canada (BOMA) began developing its

### HOW REDCLIFF IS HELPING THE ENVIRONMENT



Redcliff has printed this newsletter on Chorus Art Silk a Forest Stewardship Council Certified paper. The FSC allows companies and consumers, interested in environmentally and socially responsible materials, to be confident in their purchasing decisions. Why not encourage your company to print on FSC-certified paper? Go to [FSC.org](http://FSC.org). Help us all breath easier.

## GET GREEN

### 18 PLANET-FRIENDLY STEPS YOU CAN TAKE TODAY

#### GREEN YOUR HOME

1. Consider the amount of living space your family really needs. High-density housing is an efficient addition to healthy and vibrant communities.
2. Use ceiling fans as an alternative to home-based air conditioning.
3. Use compact fluorescent light bulbs instead of incandescent lights. They use a fraction of the energy and last much longer.
4. Participate in your municipal recycling program and use a backyard composter if green bins are not yet available in your community.
5. Turn the lights off when you leave the room.
6. Buy a programmable thermostat for your home and turn down the heat at night, when you are at work and when the house is unoccupied.
7. Buy home appliances that are energy efficient (look for Energy Star ratings).
8. If you are building a home: utilize passive solar energy; build to a higher rating for energy consumption, such as R2000; and use solar thermal and photovoltaic panels for hot water and electricity.

#### GREEN YOUR GARDEN

9. Grow vegetables in your own backyard.
10. Reduce the water-dependent lawn area of your yard, replacing grass with plants and ground covers native to your area.

#### TRAVEL GREEN

11. Use public transportation when possible and try car-pooling.
12. Ride your bicycle.
13. If you must own a car, research emissions and mileage ratings and consider buying a hybrid vehicle.

#### SHOP GREEN

14. Support local fruit and produce growers. Buying locally reduces the transportation, energy and greenhouse gases it takes to get groceries to your door.
15. Take your own cloth bags or plastic packing box to the grocery store.
16. Purchase fewer disposable goods and highly packaged goods.

#### LEARN MORE

17. Visit Energy Star:  
[www.energystar.gov](http://www.energystar.gov)
18. Visit Greenopolis:  
[www.greenopolis.ca](http://www.greenopolis.ca)

### TAKING SOME HEAT OUT OF GLOBAL WARMING

*Continued from page 1*



own rating system for energy and environmental responsibility, launching its two standards, BOMA Go Green and BOMA Go Green Plus (originally known as Go Green Comprehensive) in 2005. With the green goals to foster increased environmental awareness in the industry, create healthier workplaces and use sustainable building development and management practices, BOMA's certification process is gradually greening real estate across the country.

As a BOMA member, Redcliff Realty supports and advocates BOMA's Go Green programs. Buildings consume 40 percent of the world's energy usage, contribute 30 percent of greenhouse gas emissions and use 30 percent of our raw materials. As such, we believe that it is vital for the real estate sector to show leadership in reducing environmental impacts. Adopting sustainable building design, construction and operation practices, such as those of BOMA's Go Green programs, will help soften our industry's environmental footprint on the planet.

In taking a green approach to our work in the real estate sector, we hope to help foster the growing culture of conservation and environmental responsibility in Canada and set a sustainable first world example for developing countries. Currently we are setting a reckless example: in 2000, developed nations, including Canada, comprised only 20 percent of the global population, yet released over 60 percent of all measured carbon emissions worldwide.

Environmental responsibility needs to be taken by governments, industries, corporations and individuals alike. With that in mind, remember the proverb: "Treat the Earth well: it was not given to you by your parents, it was loaned to you by your children," and consider what you can do to ensure future generations enjoy an undiminished quality of life.



THE VIEW FROM THE HERJAVEC GROUP'S 22ND-FLOOR HEADQUARTERS IN THE LANDMARK TORONTO STAR BUILDING IS SPECTACULAR, ALTHOUGH LIKE ITS SATELLITE OFFICES IN MONTREAL AND OTTAWA, THIS DOWNTOWN LOCATION WAS CHOSEN FOR ITS ACCESSIBILITY.

One of Canada's fastest growing technology companies, The Herjavec Group (THG) is a privately held Information Technologies (IT) security and infrastructure integration firm.

Founded by Canadian security industry pioneers, THG specializes in security solutions, WAN acceleration and emerging technologies, offering a comprehensive range of products, services, and managed solutions. Unlike many large technology firms, it is a Canadian-based company with a unique, specialized understanding of the country's network and information security market. Having recently acquired MetaComm Inc., THG is now the largest privately held IT solutions provider in Canada.

If the name "Herjavec" sounds familiar, it should: Robert Herjavec, the company's President and CEO, impressed thousands

of fans on CBC's popular reality show, *Dragons' Den* with his business acumen. Well-known for his support for children's charities and hospital organizations, Mr. Herjavec has been featured in numerous magazines, national newspapers and television shows, most recently appearing on TVO's *Person 2 Person* with Paula Todd.

THG offers complete network security to companies like yours, providing both proven security products and services including integration, in-house support and security consulting. THG is the only provider in Canada that offers a completely integrated Secure Content Management (SCM) system.

For more information on THG and its security products, services and solutions, visit [www.HerjavecGroup.com](http://www.HerjavecGroup.com) or call 888.611.3772.

# Oh Canada

WHETHER YOU WANT TO SHOW A LITTLE TRUE PATRIOT LOVE THIS SUMMER OR SIMPLY AVOID A LONG, COSTLY FLIGHT, OUR HOME AND NATIVE LAND OFFERS A TRUE NORTH SELECTION OF WORLD-RENOWNED DESTINATIONS TO EXPLORE.

For a metropolitan holiday with plenty of joie de vivre, visit **Montréal**. The city's celebrated cuisine, chic shopping, music festivals and old-world architecture will enchant you. Try taking the train. It's cost effective and better for the environment.

If you'd rather be in the mountains, the scenic twin resort towns of **Banff and Jasper** in the Canadian Rockies offer postcard-perfect mountain views, along with golf, hiking, glacier and wildlife tours, hot springs, fine dining, relaxing inns and picturesque camping.

You can also experience outdoor adventures in **Ontario cottage country**, where you can go fly-fishing, golfing, and hiking, sample the vintages of regional wineries and take in a little Canadian culture at unique local arts, crafts and theatre festivals. Find out more about traveling our country at [www.canada.travel](http://www.canada.travel).

Whatever your summer destination, plan ahead and enjoy safe holiday travels with these tips:

**If you're flying:** Check with your airline in advance to find out what you can pack in your carry-on and checked baggage. Be sure to allow enough time to get to the airport and through security on time.

**If you're boating:** Wear life jackets. Travel with a fire-extinguisher, a sound-signaling device and a watertight flashlight or flares. Never drink and drive a boat.

**If you're driving:** Check your tires, wear your seatbelt, minimize distractions while driving, take your time and pull over to rest if you feel sleepy.

## TIME TO GET ACTIVE!

If you find it difficult to fit exercise into your busy schedule, you're not alone. According to Health Canada, almost two-thirds of Canadians are not active enough. But make a few easy changes now to incorporate exercise into your daily routine, and you'll feel better, boost your energy, reduce stress and strengthen your muscles and bones. You'll also dramatically decrease your risk of developing heart disease, Type 2 diabetes, obesity, colon cancer, stroke, high blood pressure, osteoporosis and depression.

According to the Canadian Heart and Stroke Foundation, adults need 30 to 60 minutes of physical activity a day. The good news is that you can accumulate those minutes in short bursts, 10 minutes at a time. Using a push mower to trim your lawn counts, as does a quick workout while watching TV. You can even add up your minutes at work by:

- Taking the stairs instead of the elevator.
- Going for a brisk walk at lunch or during your coffee break.
- Taking a colleague for a quick walking meeting instead of sitting in a boardroom.
- Getting off the bus two stops early, or parking your car in a lot farther away from the office.

To find out more about healthy living visit [www.healthycanadians.ca](http://www.healthycanadians.ca) or [www.heartandstroke.ca](http://www.heartandstroke.ca).

## REDCLIFF REALTY IS PREPARING FOR A PANDEMIC

FLU PANDEMICS SWEEP THE GLOBE AN AVERAGE OF THREE TIMES EACH CENTURY, BUT IT HAS BEEN NEARLY 40 YEARS SINCE THE LAST PANDEMIC, AND HEALTH AUTHORITIES ARE WARNING THAT WE ARE OVERDUE.

In March 2006, eight major Canadian real estate owners and managers, including Redcliff, formed the National Industry Pandemic Planning Task Force (the "Task Force"), in association with the Building Owners and Managers Association Canada ("BOMA"). The Task Force was supported by national experts in microbiology and risk consulting, and its objective was to develop a consistent national pandemic plan for landlords and property managers across the country.

Redcliff intends to utilize those suggested Task Force recommendations which we determine are desirable for our particular properties.

Unlike most disasters, a pandemic will affect people instead of infrastructure. It is estimated that between 25 and 35 percent of the general population could become ill at any time over a period of six to eight weeks. Based on past pandemic experience, experts tell us that we are likely to experience two "waves" or outbreaks, some six to nine months apart. The impact on the real estate industry is that a range of building services could be compromised when we need them most. These services may include cleaning and security as well as building and equipment maintenance. Some buildings could be affected to the point where they are forced to close, while others may be able to fully or partially continue operating.



Hand washing is the single most effective way to prevent the spread of infections.

In the event of a pandemic, we expect the frequency of cleaning and janitorial services to decrease as a result of high absenteeism. It is likely that you will have to take some responsibility for the cleaning and ongoing hygiene of your premises. You should ensure that you have plans in place to meet that potential eventuality. We encourage all of our tenants to have their own pandemic preparedness plan in place to deal with all of the issues that may arise, and be in the best position to continue business operations.

It is worth noting that individuals have an important role in pandemic preparedness as well. If there is one key point to take away from this article, it is that of personal hygiene. Hand washing is the single most effective way to prevent the spread of infections. Hand sanitizer is not a replacement for good hand washing, but can be used when it is difficult to get to a sink. The Task Force recommends that real estate owners provide sanitizing stations in buildings, in appropriate common areas. Redcliff will play its part in this regard. However, please be aware that it may prove difficult to place sanitizing stations in some retail malls, and most (if not all) industrial properties. All tenants should ensure that they have their own supply of sanitizing supplies to meet their staffing needs.

The prospect of a pandemic is of great concern to all of us. Through the Task Force, Redcliff has played an important role in assisting the real estate industry to prepare for such an event. However, if a pandemic occurs it will take the joint efforts of medical authorities, owners, managers, suppliers and tenants.

## WHAT'S NEW AT **eservus**

### TORONTO BLUE JAYS – SAVE UP TO 43%

**Prices:** From \$12.35 - \$36.25  
(reg. \$20.25 - \$49.25)

**Location:** Rogers Centre

### TORONTO FC – WIN BECKHAM TICKETS!

**Prices:** From \$13.80 - \$57.50  
(reg. \$21.50 - \$66.50)

### LOCATION: BMO FIELD, EXHIBITION PLACE

Buy two or more Toronto FC tickets by June 29, 2007 and automatically qualify to win two tickets to see Toronto FC play David Beckham\* and L.A Galaxy on August 5, 2007.

\*Appearance cannot be guaranteed.

### WE WILL ROCK YOU, THE MUSICAL BY QUEEN AND BEN ELTON

**Dates:** Selected dates in April and May 2007

**Prices:** From \$49.20 - \$93.15  
(reg. \$55.50 - \$100.50)

**Location:** Canon Theatre

### THE FULL MONTY

**Dates:** Thursday, May 3 - Sunday, July 8, 2007

**Prices:** From \$71.50 - \$91.00  
(reg. \$76.03 - \$93.91)

**Location:** Stage West Dinner Theatre

### WILD WATER KINGDOM EARLY-BIRD SPECIAL

**Adults** (10+ yrs.) \$25.30 (reg. \$34.14)  
**Children** (4-9 yrs.) \$18.70 (reg. \$25.02)

### After May 1, 2007:

**Adults** (10+ yrs.) \$27.00 (reg. \$34.14)  
**Children** (4-9 yrs.) \$20.00 (reg. \$25.02)

### CAMELOT STARRING MICHAEL YORK

**Dates:** Thursday, June 28 and Saturday, June 30, 2007

**Prices:** From \$62.35 - \$93.50  
(reg. \$69.75 - \$99.75)

**Location:** The Hummingbird Centre for the Performing Arts

### GRAND PRIX OF TORONTO

**Dates:** Friday, July 6 - Sunday, July 8, 2007

**Prices:** From \$77.25 - \$195.50  
(reg. \$81.75 - \$205.75)

**Location:** Exhibition Place

### NIAGARA FALLS GREAT GORGE ADVENTURE PASS

Pass includes tickets to Maid of the Mist, Butterfly Conservatory, Journey Behind the Falls and the White Water Walk.

**Adults:** \$39.50 (reg. \$43.15)

**Children:** (6-12 yrs.): \$24.25  
(reg. \$26.95)

### CANADA'S WONDERLAND REGISTERED-CLIENT SPECIAL

**General Admission** (7-59 yrs.): \$32.65  
(reg. \$51.37 at the gate)

**Children** (3-6 yrs.): \$23.45  
(reg. \$26.45 at the gate)

### MARINELAND

Any One Day from May 19 - October 7: \$37.95 (reg. \$43.95)

Any One Day from June 29 - July 2 or August 3 - 6: \$27.60 (reg. \$43.95)

Visit [www.redcliffrealty.com](http://www.redcliffrealty.com) and click Eservus for a complete listing of offers or to place your order online or call 416-598-8888. General admission tickets will be delivered to your office within four business days (some exceptions apply). Tickets for reserved seating events will be delivered one week in advance. Prices include all taxes and service charges.

**Register with eservus and enter to win one Family Season Pass to Wild Water Kingdom. Contest closes May 31, 2007.**



This is a delicious and versatile loaf that can be served at breakfast or brunch or for dessert at dinner. If you prefer muffins, just spray 12 muffin cups with vegetable oil, pour in the batter and bake in a 375°F oven for 15 to 20 minutes. If you like a strong lemon taste, add an extra teaspoon of grated lemon rind.

#### CAKE

¾ cup granulated sugar  
½ cup vegetable oil  
1 egg  
2 tsp grated lemon rind  
3 tbsp lemon juice  
½ cup 2% milk  
1¼ cups all-purpose flour  
1 tbsp poppy seeds  
1 tsp baking powder  
½ tsp baking soda  
½ cup 2% yogurt or light sour cream

#### GLAZE

¼ cup icing sugar  
2 tbsp lemon juice

1. Preheat the oven to 350°F. Spray a 9 x 5 inch loaf pan with cooking oil.
2. For the cake, combine the granulated sugar, oil, egg, lemon rind and juice in a large bowl or a food processor; mix well. Add the milk, mixing it in thoroughly.
3. Combine the flour, poppy seeds, baking powder and baking soda. Add to the wet mixture alternately with the yogurt, mixing just until incorporated. Do not overmix.
4. Pour into the prepared pan and bake for 35 to 40 minutes, or until a tester inserted in the center of the cake comes out dry. Set the pan on a rack to cool for 10 minutes. The center of the cake may sink slightly when it cools.
5. For the glaze, combine the icing sugar and lemon juice. Prick holes in the top of the loaf with a fork or wooden skewer and pour the glaze over the loaf.

**MAKES** 20 half slices

#### NUTRITIONAL ANALYSIS PER SERVING

Per half slice: Calories 101, Protein 1 g, Fat 3 g, Carbohydrates 15 g, Cholesterol 11 mg, Fiber 0.5 g

**PREP TIME** 10 minutes

**COOK TIME** 35 to 40 minutes

**MAKE AHEAD** Bake a day ahead and keep well wrapped, or freeze for up to 4 weeks.



**BEST-SELLING COOKBOOK AUTHOR AND TELEVISION PERSONALITY ROSE REISMAN SHARES HER INCREDIBLE PEOPLE-PLEASING RECIPE WITH US.**

## THE REDCLIFF DIRECTORY

### SITE OFFICES

Calgary, Alberta  
Edmonton, Alberta  
London, Ontario  
Montreal, Quebec  
Vancouver, British Columbia  
Winnipeg, Manitoba

### SHOPPING CENTRES

Appleby Crossing, Burlington, Ontario  
Carrefour de L'Estrie, Sherbrooke, Quebec  
Centre Mall, Hamilton, Ontario  
Century Centre, London, Ontario  
Cityplace, Winnipeg, Manitoba  
Cornwall Square, Cornwall, Ontario  
Country Hills Village, Calgary, Alberta  
Deerpoint Plaza, Calgary, Alberta  
Eastgate Square, Stoney Creek, Ontario  
Galleries de la Capitale, Quebec City, Quebec  
Garden City Shopping Centre, Winnipeg, Manitoba  
Gateway Mall, Prince Albert, Saskatchewan  
Intercity Shopping Centre, Thunder Bay, Ontario  
Market Mall, Saskatoon, Saskatchewan  
New Sudbury Centre, Sudbury, Ontario  
Northgate Mall, Regina, Saskatchewan  
Pembroke Mall, Pembroke, Ontario  
Pine Centre, Prince George, British Columbia  
Scottsdale Centre, Delta, British Columbia  
Strathcona Square, Calgary, Alberta  
Sunnyside Mall, Bedford, Nova Scotia  
White Oaks Mall, London, Ontario  
Woodside Square, Scarborough, Ontario

### LEASING INQUIRIES

Toronto  
416.362.0045

London  
519.672.5940

Retail  
416.362.0045

Winnipeg  
204.989.1812

Calgary  
403.294.7184

Montreal  
514.905.0166

403.294.7184  
780.428.8507  
519.672.5940  
514.905.0166  
604.684.4487  
204.989.1800

416.362.0045  
819.563.1907  
905.547.1629  
519.681.0434  
204.989.1800  
613.938.2118  
403.294.7184  
403.294.7184  
905.561.2444  
418.627.5800  
204.338.7076  
306.922.0656  
807.623.6632  
306.374.2644  
705.566.9080  
306.543.6868  
613.735.0060  
250.563.3681  
604.596.4811  
403.294.7184  
902.835.5099  
519.681.0434  
416.298.2331

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## EDITOR'S CORNER

Share your company news with other Redcliff tenants through the Redcliff Informer newsletter. Please send your article(s) and/or your photos to [info@redcliffrealty.com](mailto:info@redcliffrealty.com).

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**REDCLIFF**

REALTY MANAGEMENT INC.