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## Welcome Back Amanda Blasdel to /SFC



/SFC is pleased to announce that Amanda Blasdel has joined the Property Management team as Manager, Security & Life Safety Services. Amanda brings a wealth of security and life safety experience having previously worked with Paragon Security since 2011. Amanda's friendly demeanour and professionalism will no doubt make her a valuable asset and will reinforce our commitment to providing exceptional client care and tenant services. Please join us in welcoming Amanda to /SFC.

## /SFC Fitness Club Update



With the new year upon us, come see what all your colleagues at /SFC are talking about - The /SFC Fitness Club! Conveniently located on the third floor of 120 Bremner, The /SFC Fitness Club makes "fitting" in your workouts during the work day convenient.

Join us for our Open House on Wednesday March 8, 2017 from 6:00 am to 9:00 pm, where we will be offering free classes, healthy treats and giveaways. If you aren't able to attend and would like to find out more about the club, including starting a one-week free trial, please call us at 416-607-5930 or email us at [SFCinfo@trifit.com](mailto:SFCinfo@trifit.com).

To find Monthly Healthy wellness recipes and fitness tips, [click here](#).

## New Directory Interface

We are pleased to announce that we have updated the directory kiosks interface to give them a fresh, new and vibrant look. Located throughout the complex tenants and visitors alike will find relevant complex information and directions along with vital transportation updates and current sustainability data related to /SFC.



## New Tenants at /SFC



Welcome to our /SFC Community Vantage Asset Management.

Vantage is a Toronto-based hedge fund focused on investment opportunities in the Canadian equity market. They manage on behalf of families, charities, trusts, pensions and institutional investors, both domestically and internationally. To learn more, [click here](#).

## Last Quarter Events Recap

The latter part of 2016 was jam-packed with tenant and community events. Thank you to all for their participation and we look forward to seeing and meeting more of our tenants this year. 2017 also marks Canada's 150<sup>th</sup> birthday, so watch out for events that celebrate our beloved Canada.

Be sure to revisit some of the past events in the last quarter and check out the photo gallery

- Waste aWEARness - [Waste Reduction Week 2016](#)
- Healthy Downtime - [Afternoon Wellness Break](#)
- Enjoy the [Magic of the Holiday Season](#)

For complete summary of 2016 tenant events and photos, [click here](#)

## Sustainability at /SFC



## February 2 - National Sweater Day

Join /SFC Property Management in celebrating [National Sweater Day](#), February 2 to raise awareness about energy use through heating at home and work. Tenants are invited to wear a sweater and snap a picture individually or as a group.

Prizes include \$20 coffee cards and a group pizza lunch from Taverna Mercatto. For more information, [click here](#) or email: [SFCsustainability@gwlra.com](mailto:SFCsustainability@gwlra.com)

## Looking forward - 2017 Sustainability Program

With a dedicated Sustainability Manager and the /SFC tenant-led Green Council in place, 2017 will provide greater opportunities for tenants to be engaged on environmental campaigns including the upcoming [National Sweater Day](#) (February 2), World Water Day, Earth Hour and Earth Week to name a few.

Contact Meirav Even-Har, Sustainability Manager to discuss ways Property Management can support your corporate sustainability endeavours. Call: 416-364-0758 or email: [meirav.even-har@gwlra.com](mailto:meirav.even-har@gwlra.com)

## Upcoming Events

## February 2 - National Sweater Day

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## February 15 - National Flag of Canada Day

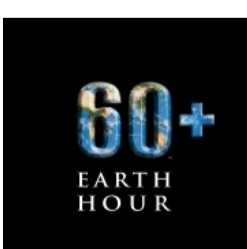


## March 22 - World Water Day

Details coming soon.

## March 8 - /SFC Fitness Club Open House

Join us for our Open House on Wednesday, March 8, 2017 from 6:00 am to 9:00 pm, when we will be offering free classes, healthy treats and giveaways. If you aren't able to attend and would like to find out more about the club, including starting a one-week free trial, please call us at 416-607-5930 or email us at [SFCinfo@trifit.com](mailto:SFCinfo@trifit.com)



## Saturday, March 25, 8:30 pm to 9:30 pm - Earth Hour 2016

Once again, /SFC is proud to be participate in Earth Hour, a worldwide grassroots movement organized by WWF to unite people to protect the planet. During Earth Hour, all unnecessary lighting at the complex will be shut off. Watch for correspondence and follow-up by Property Management to ensure Earth Hour has minimal impact to your operations.

Tenants are also encouraged to participate in Earth Hour at home. Learn more at [www.earthhour.org](http://www.earthhour.org).



## April 18 and 19 - Earth Week

Details coming soon.