

YCC TODAY

THE NEWSLETTER FOR THE TENANTS OF THE YONGE CORPORATE CENTRE

Building Your Financial Future

The past few years have been challenging for the global economy, with difficult choices and decisions remaining for many countries. The Canadian economy, by comparison, has remained stable and continues to expand, but because of our growing connection to world markets, we may continue to be challenged and affected as global events unfold. As a country, we must be wise in our choices and with the investments we make in our future. The same applies to individual Canadian investors, who are confronted daily with choices about how best to manage their money and plan for a sustainable future.



For the individual investor, having an experienced and professional financial advisor by their side is an important first step. Desjardins Securities, a tenant at Yonge Corporate Centre, provides its clients with the knowledge needed to understand changing markets and the options available in planning for a successful financial future.

Established in 1991, Desjardins Securities is the brokerage arm of Desjardins Group, the biggest financial institution in Quebec, the largest cooperative financial group in Canada and the sixth largest in the world, with total assets of more than \$175 billion.

Desjardins Securities' individual clients have access, through their Investment Advisor, to a complete range of securities brokerage products and services as well as other services, including personal insurance, financial and estate planning, and wealth management for high-net-worth families. The latter services are offered through Desjardins Securities Financial Services and Desjardins Securities Private Counsel Group.

With world markets remaining unpredictable, expert advice has never been more important. To learn more about Desjardins and the range of professional services they provide, visit www.desjardins.com.

Desjardins Securities is a member of the Investment Industry Regulatory Organization of Canada (IIROC) and a member of the Canadian Investor Protection Fund (CIPF).

Our New Look...

by Patricia Poyntz, General Manager,
Yonge Corporate Centre

You may have noticed that our newsletter has been redesigned. We've kept the name **YCC Today**, but have altered the look to complement the design and colours of our new website. I hope you like it.

In this issue of YCC Today we're pleased to feature Elaine Chin M.D. and Shelley Burns N.D. of Scienta Health. Each presents everyday suggestions on how to create and manage a healthy, vibrant life. Great information for busy people.

I'd also like to thank Desjardins Securities for taking the time to assist us in writing their company profile. With world markets changing daily, there has never been a better time to rely on expert advice. Desjardins has a long history of excellence in providing thoughtful, results-oriented advice to its clients. We've provided a website address if you would like to know more about their services.

If you have an idea for an article in a future issue of YCC Today, please contact me at patricia.poyntz@cadillacfairview.com. I hope you enjoy the articles and information presented and remember to visit www.yongecorporatecentre.com for all YCC operational information, tenant news, new eservus listings and more.

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www.yongecorporatecentre.com



Bird Protection

Bird collisions during the Fall and Spring migratory seasons have been an ongoing issue at the Yonge Corporate Centre. It's a matter we take very seriously.

We've been working with the Convenience Group, a firm which has developed various window film patterns aimed at reducing bird collisions. In the Spring of 2011, they contacted us to test their latest bird and tenant friendly application. Two test panels installed in April/May 2011 appear to meet the desired criteria: a) being a visible marker to birds and b) providing minimal visible obstruction to the occupant inside.

Given these results, we made the decision to install this bird-friendly application, beginning with a section of the north face of 4120 Yonge Street (the area with the highest number of bird strikes) from the ground up to and including the sixth floor.

Recently, however, in three other Toronto area installations, the Convenience Group has observed that many, but not all, birds are veering away from treated windows. As a result, they have asked YCC to test an enhanced version of the window treatment that is designed to be even more visible to birds. A new test panel will be installed on the ground floor of 4120 Yonge Street next week. Due to this additional testing period, we now anticipate full installation on the north face of 4120 Yonge Street for the Spring 2012 migratory season.

In the interim, as an additional measure, we have engaged Steritech, a company that installed a "silhouette" bird deterrent system and netting on the air intakes around the property to prevent birds from getting trapped inside, to inspect, repair and/or replace the netting and recommend additional locations where the "silhouette" system can be installed today.

We expect positive results with the enhanced test window film installation. Once in place, the product's effectiveness will be closely measured over the 2012 Spring and Fall migratory seasons. Stay tuned for further updates.

GREEN AT WORK™...Update

At YCC we're always looking for ways to improve our sustainable performance on every level. Cadillac Fairview's GREEN AT WORK™ program has established performance benchmarks in the important areas of environmental protection, waste management, energy conservation, procurement and communications. We're pleased to report that with the continued assistance of our tenants, YCC is meeting or exceeding targets and setting an example of what can be accomplished. Below we've highlighted a few recent initiatives and accomplishments.

Organics Recycling – A pilot program has been launched for the recycling of organics waste for both office and retail tenants. Organics include waste items such as coffee grounds, paper towels, food and tea bags. Prior to launch, instructional posters listing all acceptable organics and procedures will be displayed in tenant lunchrooms and kitchens to assist and inform. A successful organics recycling program will go a long way in raising our landfill diversion rate as a complex and moving toward zero waste.

Demand Response Participation – YCC has been a participant in Enernoc's Demand Response Program designed to reduce the load on the electrical grid. Our participation included reducing main lobby lighting,

increasing chiller set points during the summer months, and curtailing escalator use in non-peak periods.

Single Lamp Conversion – Our energy efficient lighting system is about to become even more efficient. We're hoping to reduce consumption by another 50% by converting all two-lamp fixtures to single lamps. The program will begin with 4100 in the coming months. We'll keep you posted.

Roadmap 20 by 15 – By way of an Energy Performance Roadmap Process, we hope to make YCC one of the very first commercial complexes to meet REALpac's 20 by 15 target. That will mean reaching a target of 20 kilowatt hours of total energy consumption per square foot per annum by 2015.



BOMA BEST Awarded



We're pleased to announce that all three buildings at YCC have been honoured by BOMA for their sustainable performance through its nationwide BOMA BEST certification program. 4100 and 4120 Yonge received a Level 2 certification, with 4110 Yonge awarded Level 3. BOMA BEST is a comprehensive program for measuring a building's environmental performance and footprint in the community. This rigorous program has four achievement levels and provides building owners and managers with a national standard for comparison administered by an independent third party.



Get Out This Fall

Toronto's fabulous fall season kicks off October 1 with **Nuit Blanche**, the sunset-to-sunrise arts extravaganza. If you're not too sleepy October 2, check out the **5th Annual Picnic at the Brickworks** or **Downsview Park's fall fair** complete with kite flying and scarecrow making. **HarbourKIDS Monster 2011** features funny and scary monsters from October 8-10 at Harbourfront. For superb entertainment check out the **5th Annual Toronto International Flamenco Festival** October 15-25. **The International Festival of Authors** October 19-30, featuring Canadian and international authors, is on every book lovers list. For a scary time, check out **Halloweek goblins in the Church-Wellesley** village October 24-31. Chocoholics will be licking their lips at thoughts of the **Toronto Chocolate Festival** featuring a Chocolate High Tea and Chocolate Ball October 2-23.

Don't miss the **Royal Winter Fair** held November 4-13 at Exhibition Place – the largest indoor combined agricultural, horticultural, canine and equestrian event in the world. Celebrate the **Day of the Dead** at Harbourfront Centre November 5-6 with music, crafts, dance and food. Elm Street hosts **Ice, Wine and Dine** on November 12 with great food and music. Mark the beginning of the holiday season with Toronto's famous **Santa Claus parade** November 20. Then bundle up for the **Cavalcade of Lights** on November 26 with the lighting of Toronto's official Christmas tree, live musical performances, ice skating and fireworks.

Make sure to visit the **"Christmas around the World"** festival at Nathan Phillips Square December 3-4. Finally, let the **National Ballet's annual Nutcracker performance** conjure up visions of sugar plums December 10-31.

Upcoming Events/Month of October

- **Fire Warden Training**
For information and session dates contact Kevin Wylie, Manager Security Life Safety at 416 224-7675.
- **Building Evacuation Drills**
Remember to always follow instructions, to avoid delay and congestion, and proceed down stairwells quickly and safely. Thank you for participating in this year's evacuation drills held late September/early October.
- **Blood Services (Donor) Clinics**
December 5
- **Tenant Holiday Breakfast**
in December (date to be announced)

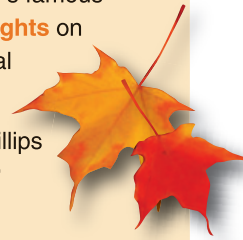


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Laptop. Check.
Business Cards.
Check.
Supplements?
Double Check.



Pack a strong immune system on your next business trip...

by Shelley Burns, B.A., N.D.

Whether winging your way abroad or travelling in your home continent, you can be guaranteed your immune system takes a hit. And it may not have time to recover before you're taking off again. Case in point: many of our clients fly to China one week each month. Their bodies haven't caught up from the last trip when they're back at it yet again – a vicious cycle. We often get phone

calls or emails from extensive business travellers as they've caught a cold or flu when they need to be at their best.

When you travel, your normal health routines can go out the window – you're dealing with different time zones, frequent meetings, entertaining and keeping longer than usual hours. Now you're susceptible to experiencing lower energy, incurring infections or generally feeling unwell. You might also experience a decline in mental acuity during a time when you need to be sharp.

Be top of your game in any time zone

Make room in your carry on for these supplements to maintain peak health throughout your busy travel schedule.

- Magnesium – relaxes muscles and aids in sleep
- AHCC – a blend of medicinal mushrooms that enhance immunity

- ReloraPlex – a blend of herbs that help maintain stamina
- B-Complex – helps support immunity and boosts energy
- Ginseng – supports stress responses and invigorates

You might also consider:

- CoEnzyme Q10 – a potent antioxidant that decreases physical stress and prevents oxidation in the body
- Melatonin – maintains normal sleep/wake rhythms and aids in reducing the effects of jet lag

Keep germs at bay while you're away

Arm yourself with these supplements to give your immune system a boost and to stay at peak health at 30,000 feet and beyond. Your mind and body will thank you for it.

www.scientahealth.ca



For a complete Eservus listing, visit the Tenants page of this website and click on Concierge Services in the dashboard menu or call 416-598-8888. Prices include all taxes and service charges. Delivery to your office building is free.

ATTRACTIONS:

Art Gallery of Ontario
Adult: \$17.85 (reg. \$19.50)

Halloween Haunt – October 2011
General Admission: \$35.75 (reg. \$40.67)

Ontario Science Centre
Adult: \$24.80 (reg. \$28.00)
Youth/Senior: \$19.50 (reg. \$22.00)
Child: \$17.00 (reg. \$19.00)

Royal Ontario Museum
Adult: \$21.80 (reg. \$24.00)

COUPON BOOK:

Entertainment Book – Valid until November 2012
2012 Book: \$30.00 (reg. \$40.00)

THEATRE:

The Addams Family
Prices: \$57.00–\$125.00 (reg. \$62.00–\$135.00)

American Idiot
Prices: \$46.00–\$123.00 (reg. \$51.00–\$135.00)

Chess the Musical
Prices: \$67.00–\$115.00 (reg. \$73.00–\$127.00)

Memphis
Prices: \$57.00–\$125.00 (reg. \$62.00–\$135.00)

Mary Poppins
Prices: \$61.00–\$115.00 (reg. \$73.00–\$127.00)

The Second City's Dreams Really Do Come True
Prices: \$26.50–\$32.50 (reg. \$29.38–\$35.03)

Two Pianos, Four Hands
Prices: \$41.00–\$67.00 (reg. \$47.00–\$77.00)

TRAVEL:

SellOffVacations.com Enjoy reduced prices on SellOffVacation.com's guaranteed lowest prices on select vacation packages to Mexico and the Caribbean.

Via Rail Eservus clients enjoy an additional 5% savings on Via Rail's best available rates!

Register with Eservus and qualify to win great monthly prizes. Already Registered? Invite a co-worker to register. You could both win!

Skipping Meals Makes You Dumb and Fat

By Dr. Elaine Chin | July 14, 2011 | Article featured on www.canadianbusiness.com

The most important driver of your work performance isn't your brain, your ambition, your leadership skill or your connections. It's your health. You can't perform to your highest potential unless your body is up to it. Your brain can't be focused and creative if it's exhausted and out of fuel. Your heart doesn't care if you're a hard-driving entrepreneur.

In my 10-plus years of managing the health of business leaders, I've often wondered how some of my clients could have won multimillion-dollar deals with their awful eating habits. They consumed jelly beans and coffee for breakfast at 4:30 a.m. before catching a 6 a.m. flight, then skipped lunch and opted for four to six cups of coffee throughout the day. They were proud to be tough road warriors.

And executives are not the only ones starving their bodies for the sake of perceived productivity. The latest results of the annual health survey conducted by *Maclean's* magazine shows that Canadians skip meals a lot – 30% of respondents always or sometimes skipped breakfast, and 20% said they often skipped lunch. A British supermarket chain, meanwhile, found that nearly 70% of people regularly missed at least one meal a day. Six out of 10 people surveyed said they were simply too busy to stop and eat.

The fact is that you can't keep up this kind of lifestyle for long without hurting yourself physically and mentally. Studies show that skipping meals during the day and eating one large meal in the evening results in harmful metabolic changes. Meal skippers have elevated fasting glucose levels and a delayed insulin response – conditions that, if they persist long-term, can lead to diabetes.

>>> to read Dr. Chin's article in full, [click here](#).

And it's not just your body that weakens but your mind as well. Short-term brain function is diminished during times when our bodies have low sugar (known as hypoglycemia) as a result of not having eaten regularly and enough throughout each day. Simple tasks like typing become harder, as do tasks that require significant cognitive input, such as public speaking.

Mental acuity is also greatly affected by changes in blood sugar and adrenalin levels. Not eating, and living on coffee, during a vigorous day are literally not smart. The body secretes cortisol hormone as a response to physical stress (such as starvation), which in turn stimulates insulin secretion. A carbohydrate, or "sugar," craving ensues. If you give in to the temptation of a chocolate bar or a candy jar, these types of carbohydrates quickly metabolize into blood

sugar, which rises for 60 to 90 minutes. During this spike, research shows that concrete and abstract memory recall, word fluency and reading speed all become impaired. To make matters worse, if this junk-food fuel is not all used up for physical activity, it gets stored in the form of body fat. Those cups of coffee you're drinking with a bagel or muffin also stimulate cortisol.

So the next time you walk into a meeting and feel like your heart is racing, you can't articulate exactly what you want to say and have trouble writing down what you're hearing, ask yourself: Did you fuel your body properly?

Skipping meals makes you dumb and fat – it's that simple. So follow the long-standing advice: Make sure you eat three meals a day. Balance those meals with the right amounts of carbohydrates (40% to 45%), ideally complex ones such as multi-grain bread, oatmeal, fruits and vegetables. Snack only on plain nuts and seeds. Balance the sugar peaks and valleys by adding proteins (25% to 35%) and lean fats (10% to 20%) to each meal. This formula will provide your body with five to six hours of steady energy it needs to keep you at high performance.

Elaine Chin, M.D., M.B.A., is a founder and Chief Medical Officer of Scientia Health, an executive health practice. To learn more health tips from Dr. Chin, go to www.drelainechin.com.

