



Harbour Centre



NEWSLETTER

NEWS & VIEWS

WINTER 2007

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NEW FACES AT HARBOUR CENTRE



We are pleased to welcome Diane Lee to Harbour Centre as our new Tenant Services Coordinator. Diane's main responsibility is to assist our tenants with their every day needs. If you have any questions regarding your access/security cards, fitness passes, or for general information about Harbour Centre please contact Diane on the Tenant Services Line at 604-899-7385.

Contact us

Harbour Centre
Complex Limited

Suite 2000

555 West Hastings St.

Vancouver, BC

Phone: 604-689-7304

Email: admin@harbourcentre.com

www.harbourcentre.com

Retail Mall Manager

Vi Block

604-899-7366

Property Manager

Antonio Dal Sasso

604-899-7390

Leasing Coordinator

Sophie Perndl

604-899-7365

Tenant Services

Coordinator

Diane Lee

Sophie Perndl is Harbour Centre's new Leasing Coordinator. Sophie joins us with a background in leasing and property management. Please direct all your office leasing enquiries to Sophie at 604-899-7365.



You may have noticed a new face at the reception desk of Harbour Centre. Lee-Ann Holbrook has joined our team and brings with her a background in office assistance, and customer service. Lee-Ann can be reached at 604-689-7304.

Also new to the Harbour Centre team and joining us as our new Shipper/Receiver is Malcolm Williams. Malcolm brings many years of experience to his new position. We are pleased to have Malcolm on board and look forward to his positive impact at Harbour Centre.



HARBOUR CENTRE IS AN ENVIRONMENTALLY FRIENDLY BUILDING



BC HYDRO TIP

At 50% of your energy bill, heating is the single largest use of energy in most homes. You can take measures to improve your heating and control systems, and reduce heat loss so less heating is required.

Windows—Up to 1/3 of heat in your home can escape through windows. Put storm windows or plastic sheeting on single-glazed windows to reduce heat loss. Consider installing energy efficient windows, or install windows with low e-coating or argon fill. **Heating System**—A dirty furnace filter delivers less air, ensure yours is clean. Avoid heating unused rooms by closing doors and registers, and avoid heating non insulated spaces such as the garage, crawlspace, attic or storage shed. For more info check out www.bchydro.com.

DIANE'S GREEN TIPS

Please take a moment to find out your ecological footprint. This is a measurement of how our lifestyles currently impact the environment. It will inspire everyone to do their part to minimize unnecessary consumption.

www.footprintnetwork.org



NEW TRANSLINK RATES FOR 2008

Please note that as of January 2008, transit fares have increased. The new fares will be

Zone 1	\$63.50
Zone 2	\$85.50
Zone 3	\$117.17

For further information, please contact your Translink Office Coordinator.

BUILDING IMPROVEMENTS

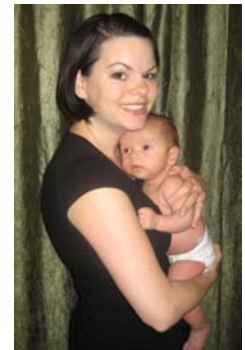
Harbour Centre will be working with BC Hydro on a lighting upgrade in various parts of the building in early 2008. We will be upgrading all of our lighting in the tower stairwells, some tenant lobbies, and mechanical rooms. In conjunction with this upgrade we will be installing a "computerized lighting control system."

This system will turn the lights on and off on your floor at predetermined times and has overriding capabilities for those tenants who work late. During the night, the system will pulse off at various times to ensure that the lighting has been turned off. We anticipate a 25% reduction in energy with this system.

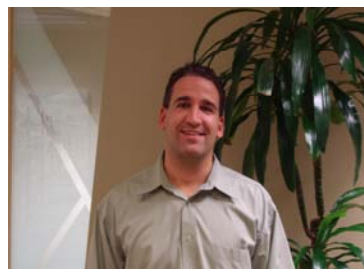
CONSTRUCTION AT HARBOUR CENTRE

The construction department has been particularly busy with several projects on the go. One major project completed on September 8th at 11:47am was the arrival of little Max Henrik Immonen weighing in at 6lbs 12oz. As you can see mom and baby are doing great.

Please join us in congratulating our Construction Administrator, Melissa Biggs-Immonen on the birth of her son.



JANITORIAL NEWS



We would like to welcome the new Area Manager of **Servantage Janitorial Services**, Mike Fertuck. Mike has been with **Servantage** for three years. You will see Mike working alongside our Tenant Services Coordinator, Diane Lee. Please join us in welcoming Mike to Harbour Centre.

TECHNO TRASH RECYCLING

Management of e-waste has become a serious global issue. Electronic waste contains lead, mercury, cadmium, arsenic and other toxins. These toxins in our landfills affect our environment, and jeopardize the health of humans and wildlife. Harbour Centre is now working with **Techno Trash** to deal with our e-waste. More detailed information on how we will do our part at Harbour Centre will be provided shortly. You may also wish to visit www.technotrashrecycling.com.



LEASING DEPARTMENT

We would like to welcome our new tenants Dr. Kary Taylor and Harbour Centre Shiatsu to the Harbour Centre Mall and Wardrop Engineering to the 15th floor of the office tower. We would also like to extend our thanks to Fusepoint Managed Services for expanding their premises and to Worldcom, Sinotrans,

Sasktel, Vancouver Foundation and Coastal Trademark for renewing their leases. Thanks again to all of our tenants for choosing Harbour Centre as your place of business. Please contact Sopia Perndl for all your office leasing inquiries at 604-899-7365.

FITNESS CENTRE

Please be advised all FTC Fitness Members access cards will be deactivated effective December 21st, 2007. Should you wish to sign up for 2008, please see Diane Lee to fill out a "Use Agreement" and remit your annual access fee of \$60.

The fitness facility will be temporarily closed for general maintenance and house-keeping effective Friday December 21st, 2007, and will reopen Wednesday, January 2nd, 2008. If you have placed a lock on any of the "day lockers" in the mens/ladies locker room area, please ensure it is removed prior to December 21st as we will be removing all locks and will dispose of the contents. As a reminder, the lockers in the mens/ladies locker room area are for day use only and as a courtesy to others we ask that you please remove your lock after each visit to the facility.

HEALTH TIP & FITNESS INFO



At this time of year, we all love comfort foods, cookies, muffins, loaves and cakes. A great way to enjoy these foods and cut the fat is to substitute fruit in your recipes. Here are some helpful hints to help you get through the holidays. Pureed pumpkin, peaches, zucchini, or banana work well in loaves, muffins and cakes. For those yummy cake and chocolate recipes, you can use pureed prunes. Unsweetened applesauce is also a great substitute in a variety of recipes.

Cranberry Cappuccino Muffins

1 3/4 cups all purpose flour	3 tbsp cocoa	3/4 cup lowfat milk
2/3 cup of sugar	1 tbsp instant coffee	1 egg
1 1/2 tsp baking powder	1/2 tsp cinnamon	6 tbsp vegetable oil
1/2 tsp baking soda	3/4 tsp salt	
1 1/4 fresh or frozen cranberries	1 6oz pkg. Sweetened dried cranberries	



Preheat oven to 375, grease 12 cup muffin tin. Combine dry ingredients in a medium bowl. Next combine liquid ingredients in a separate bowl. Make a well in the dry ingredients and add liquid ingredients to dry, mixing until dry ingredients are just moistened. Stir in cranberries. Fill each muffin tin 2/3 full of batter. Bake for 25 min. Makes 12 muffins.

SOURCE: Ocean Spray Cranberries

SECURITY TIP

Vancouver, like most big cities, has problems with people panhandling on the streets and a homeless population. The city recognizes this issue, and is working on it as part of their "Safe Streets Initiative." Harbour Centre is a high traffic area due to its proximity to Gastown and the Station transit hub. Harbour Centre can and does restrict access to the building, however panhandling on public property such as sidewalks is not controlled by us. Our goal at Harbour Centre is to create a safe and secure environment for all tenants, their clients and guests. To accomplish this, our program endeavors to deter activity such as panhandling and offer alternatives to have a positive impact on the community that surrounds the facility.

Tips on dealing with Panhandlers:

- Act confident; your attitude is a powerful tool in dealing with panhandlers.
- If the individual appears to be mentally unbalanced or disturbed, do not approach, advise security.
- If you feel threatened by a panhandler, don't hesitate to call 911.

Courtesy of Fusion Security

CELEBRATE THE SEASON



HARBOUR CENTRE invites you to enjoy live holiday music in the mall during the month of December. Listen to a selection of classical and Christmas music performed by the renowned "Amicus" duo every Monday, Wednesday and Friday in the upper mall.

Every Tuesday and Thursday, enjoy the melodious male barbershop choir as they stroll around the mall.



All two hour performances are from noon-2pm until December 24th, 2007. Complimentary seating will be available in the upper mall for the "Amicus" performances.

RETAIL MALL DIRECTORY

SHOPS

Canadian Gemstones	688-3228
Cards by Choice	685-5767
Gramma's Treats & Sweets	688-1811
Harbour Jewelers	669-2257
BC Liquor Store	660-4574
Labels Express	506-0978
Mixers Plus	681-4284
Options Handbags	685-5661
Only Deals Dollar Store	633-0767
Perfect Lies	609-0045
Rosemary	677-2584
SFU Bookstore	291-5048

SERVICES

Alec's Tailoring & Drycleaning	683-1063
Gallerie One Framing	669-3692
Global Optical	669-0602
Harbour Centre Printing	669-2336
Harbour Centre Travel	689-9100
Harbour News	488-0011
Harbour Shoe Service	687-3036
Mexicana Airlines	658-2410
My Tax Company	677-0460
Trust Lock & Security	669-8008
V & J Florists	689-5662

CORDOVA ST. SHOPS

ATTRACTIONS			
Vancouver Lookout	689-0421	Button Button	687-0067
Top of Vancouver Restaurant	669-2220	Any Hat Apparel	778-227-0600
		212 Productions	685-2426

FOOD FAIR

A & W	682-2741	L'Orange & Eurodog	803-9430
Absolute Sugar	648-2244	Little Japan	687-5722
Amazing Wok	689-3865	Quizno's Sub	681-3392
Bali Thai	876-0121	Salad Loop	408-1096
Bronco Belle	696-6088	Soupspoons & Joe Veg	689-9798
Casa Blanca	605-8844	Sushi Harbour	676-9774
Cookies of Course	689-9792	Tim Hortons	642-0348
Curry Express	608-2421	Taco Del Mar	684-7071
Fusion Wraps & Yogurt	677-2217	Vana Vietnamese	689-4002
Harbour Meats & Deli	684-6468		

