



**Mixed Sources**  
Product group from well-managed  
forests and other controlled sources  
www.fsc.org Cert no. SW-COC-002629  
© 1996 Forest Stewardship Council



B.O.M.A. BEST



## Lansing Square

### CONSERVING ENERGY AROUND THE OFFICE



Our buildings have been designed to promote the conservation of energy use through efficient design, computerized and scheduled operation of lighting and HVAC systems. In order to assist us in maintaining our energy management, monthly electricity, gas and water are charted through a company-wide standard UCR (Utility Consumption Report) program. With the property being part of a large portfolio, we are able to purchase bulk utilities at a reduced rate. These charts allow us to monitor our progress in energy management and act as an alarm should our energy consumption deviate from the norm.

We have also reduced the number of print issues and remind you that the newsletter is available on the building website.

#### CLEANING

Our building cleaners use environmentally friendly microfibre cloths that inhibit the growth of odor and stain-causing bacteria on the fabric. Combined with water, they physically remove up to 99% of bacteria from non-porous surfaces, and the benefits don't stop there:

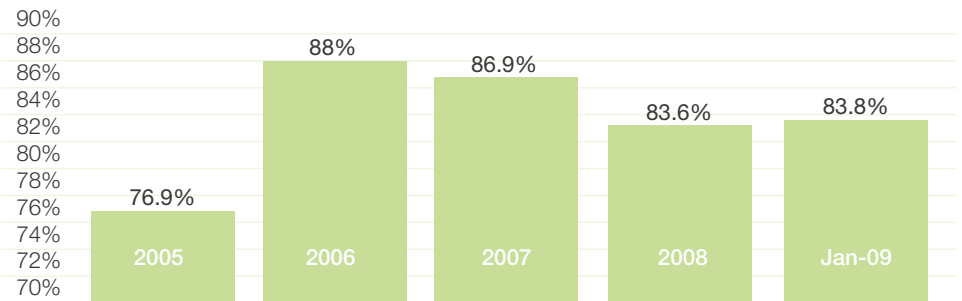
- Microfibre cloths absorb up to 8 times their weight in liquid
- Cloths can be laundered 300 times, thereby reducing cleaning costs
- Antimicrobial protection is built right in, eliminating the use of chemicals

## GREENING OUR WORKPLACE

We are extremely proud to provide our Annual Recycling Report Card which shows that 2550 Victoria Park, 2, 4 and 6 Lansing collectively achieved a diversion rate of over 80%.

Lansing Square	2005	2006	2007	2008	Jan-09
Mixed Paper	51.37	60.82	35.9	73.8	6.23
OCC	34.25	61.36	48.05	86.72	7.86
CG&MP	8.56	30.06	44.39	77.07	6.59
Landfill	28.22	20.83	19.33	46.55	3.99
<b>Total</b>	<b>122.4</b>	<b>173.07</b>	<b>147.67</b>	<b>284.14</b>	<b>24.67</b>
Recycled	94.18	152.24	128.34	237.59	20.68
<b>Diversion Rate</b>	<b>76.9%</b>	<b>88.0%</b>	<b>86.9%</b>	<b>83.6%</b>	<b>83.8%</b>

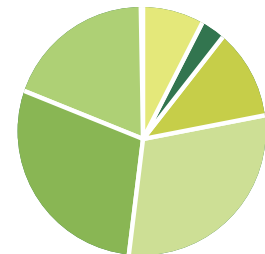
Lansing Square Waste Tracking Report



Reporting procedures and construction build-outs previously contributed to the ebb and flow of our rates. Below is a snapshot of the natural resources that were saved as a result of our combined efforts:

#### Natural Resources Saved in 2008:

1,114,657	kWh of energy	
436,007	litres of oil	
1,678	cubic metres of landfill space	
4,395	kgs of air pollutants	
4,253,440	litres of water	
2,729	trees	
0	cubic metres of biogas	



#### LANSING SQUARE REDUCES WATER USE BY OVER 7,000,000 LITRES!!

In 2008 we took steps to reduce the amount of water being used for irrigating our landscape. Having closely monitored water use for the past few years, we recognized that there was a significant opportunity to reduce water use that would save money, energy and improve our landscape. We partnered with SMART Watering Systems to implement a weather based irrigation management system that would reduce water use and could be controlled and monitored remotely. This program resulted in conservation of over 7,000,000 litres over previous years, proving that the intelligent use of water is good for the environment, the landscape and the bottom line.



# UPCOMING EVENTS



*SALUTE TO EARTH DAY*  
*WEDNESDAY, APRIL 22 • NOON – 2 PM*

Lobbies of 2550 Victoria Park & 2 Lansing Square

In recognition of this annual event, we will be handing out complimentary “air plants”, valued for their fight against air pollution (while supplies last). Updates on our recycling and energy savings will also be provided at that time.

## GREEN SUMMER EVENT

Mark **Wednesday, June 24** on your calendar and watch for further details!



## HOLIDAY HOURS REMINDER

The Property Management Office will be closed on the following dates:

- Good Friday, April 10
- Victoria Day, Monday, May 18
- Canada Day, Wednesday, July 1
- Civic Holiday, Monday, August 3

Please contact us to arrange for after-hours temperature control (HVAC) on these days.

# ABOUT YOUR BUILDING

## PARKING LOT

The parking lot will get a much needed facelift this Spring with improvements including cleaning, line painting, updated signage and equipment.



## SEEKING MEETING SPACE?

Located on the ground floor of 2550 Victoria Park Avenue, Lansing Square’s multi-media Conference Centre is available for exclusive use by our Tenants and their employees. Depending on your needs, the 3 rooms can be set up Theatre-style, Classroom, U-shaped or for a Reception, accommodating 15–180 people.

The following equipment is also available to help ensure your meeting’s success:

- Tables & Chairs
- Portable Podium with Microphone
- Internet Connection – Dial-up or Ethernet
- Markers & Flipcharts
- TV Monitor with DVD/VCR
- Conference Centre Phone
- Screens
- Overhead Projector

For more information or rates, call our office at (416)756-1900 or visit us online; you may secure your booking at [www.lansingsquare.com](http://www.lansingsquare.com) as well.

# WARM WELCOMES

## NELSON B. CROWDER & ASSOCIATES

Suite 243, 6 Lansing Square

This company has been specializing in Pension Planning, Actuarial Consulting, Pension Plan Administration, Individual Pension Plans (IPP) and Retirement Compensation Arrangements (RCA) for 100+ small and mid-size corporate clients since 1981. The highly educated, well-trained and seasoned professionals take pride in their focused attention on their clients’ needs, ensuring personal, professional attention in a cost-effective manner to help meet and exceed clients’ corporate compensation goals.



*Pictured: Max Balaban & Melanie Lowes*

# WORKSITE WELLNESS

Do you have trouble sticking to a fitness program? Consider joining one of the fitness classes offered at the Lansing Square Fitness Club. Studies have shown people who train as a group will achieve greater results, as groups tend to be more committed and supportive of each other. From spinning to muscle conditioning to cardio step, there are many types of classes available to help you meet your health and fitness goals. At the Lansing Square Fitness Club there are a few classes offered to non-members including:

**ZUMBA** – This class emphasizes abdominal and back muscles which will lead to postural realignment, core stability and free movement. Even beginners will feel a change in their bodies in a few short weeks.

**YOGA** – This class offers a challenging body/mind adventure incorporating asanas, breathing and mindfulness for a complete yoga experience. You will sculpt a leaner, stronger body while releasing stress & fatigue.



For more information about fitness at the Lansing Square Fitness Centre please call (416) 756-1900 x 229.

## ONLINE BUILDING INFO:

*By becoming a member of the Lansing Square website, you can obtain building, contact & general information with the click of your mouse.*

*Check online regularly for the most up-to-date box office ticket information at: [www.lansingsquare.com](http://www.lansingsquare.com).*

*Lansing Square is proudly owned and managed by the Real Estate Division of Manulife Financial.*

*InSites is published by the Property Management Office of Manulife Lansing Square.*

*InSites is also available on-line at [www.lansingsquare.com](http://www.lansingsquare.com)... just click on Newsletters.*