



Go Ahead... Spoil Yourself

Located on the ground floor of the RBC Centre



Every once in a while it's important to spoil oneself. We humans need to shake up our increasingly busy and often predictable lives and let our senses explore and imaginations roam. Throw out the notion of guilty pleasures, it's an important part of the grand plan. Work hard, be responsible and generous, and *never* underestimate the joys and benefits that come with pure pleasure.

"The Shore Club sets out to define your evening, complimenting the elegance and luxury of the restaurant and cocktail lounge with a decadent menu focused on classic surf and turf fare, serving only the freshest seafood and the best steaks in town.

With our stunning, contemporary interiors, dining at The Shore Club is not only about great food, but about creating a memorable experience as well."

Hazel Goh, General Manager, The Shore Club



Have you ever walked into a restaurant and instantly felt elevated, as if you had walked into an altered reality? The Shore Club is just such a place. If you've had a drink at the bar, one of the City's best, or shared an amazing steak and seafood dinner with friends, you know what we mean. It's an establishment that is more than just a restaurant and it connects with the senses. All of them.



Whether it's a quick business lunch or a Friday evening celebration, The Shore Club will go beyond the call. The food, atmosphere and service are exceptional.

If it's lunch, you can choose from a Lobster Cobb Salad, a 7 oz. Filet Mignon, Buttermilk Fried Chicken or their fantastic 12 oz. Burger. For dinner, your senses might connect with King Crab Legs, one of a number of exceptional steaks or their signature Sea Bass. And if you're in the mood for a casual evening at the bar, you can choose from an extensive by-the-glass wine list to go with Fresh or Pan Fried Oysters, Battered Prawns or a hearty Steak Sandwich. At The Shore Club, you'll find something for every taste and occasion.

With the start of the Holiday Season just a few months away, The Shore Club would be the perfect setting for a Holiday lunch, an after work party or client event. Sometimes you don't have to travel far to spoil yourself. Call The Shore Club at 416-351-3311.

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For further information
please check

www.rbccentre.ca

Setting a New Standard by Michael Manuel, Property Manager, RBC Centre

Welcome to the inaugural issue of RBC Centre Focus, the quarterly online newsletter for the tenants of RBC Centre. Communicating with our tenants and engaging in a healthy two-way conversation is a priority at Cadillac Fairview.

We hope that RBC Centre Focus will prove to be an interesting read as well as a communications vehicle that will add to a positive, ongoing dialogue.

Over the past few years, new office buildings have been constructed and older ones renovated throughout Toronto's downtown. What they all have in common is that they make an industry-wide statement that the disciplines of design, construction and property management have changed, taking positive and permanent steps to better align themselves with the changing priorities of the business community and the environmental objectives for a healthy planet.

I'm proud to be Property Manager of a building that has helped to establish this new standard and is often cited as a leading example of dramatic, responsible change.

In this issue of Focus, we're pleased to profile The Shore Club. For those who have yet to experience the

food, service and ambiance of this amazing restaurant bar, I recommend that you take the advice of our lead article and spoil yourself. With the Holiday Season just around the corner, The Shore Club wants everyone to know that it can comfortably accommodate larger parties for lunch, dinner and receptions.

Also in this issue, we feature an article by Dr. Shelley Burns on health tips for the busy business traveller. It's important to balance a busy life with personal health and vitality. Whether your travel plans centre around business or pleasure, it's an interesting and important read.

If you have an idea for an upcoming issue of RBC Centre Focus, or would like your firm profiled, please contact me. We look forward to addressing RBC Centre issues and events as well as community news in future issues. **Enjoy our first issue and have a wonderful fall season.**

FALL
2011



Did You Know?

- Making paper from recycled materials results in **74% less air pollution** and **35% less water pollution** than using non-recycled materials.
- One gallon of used crude can produce the same amount of motor oil as multiple gallons of new crude while requiring **1/3 the energy** to produce.
- By recycling a ton of writing paper, as much as **7,000 gallons of water** can be conserved. Enough to provide an average family of 4 with 130 glasses of drinking water a day for more than a year.

When raw materials are not used in production, natural resources are saved, energy is conserved, pollution is reduced and the production cycle remains vigorous and cost effective. **Everyone benefits.**

zipcar Has Arrived!

Zipcar is available to the tenants of RBC Centre and we couldn't be happier. With 6 vehicles located on the P1 level of Simcoe Place, RBC Centre tenants have convenient access to wheels when they need them. For those who need the convenience of a car



part-time, but don't want the cost of a car full time, Zipcar is the perfect solution. If you're 21 years of age, with a valid driver's licence, you could have access to a Zipcar membership within days. Go to www.zipcar.com and apply for your membership online. **Do it today and happy driving!**



Laptop. ✓ Business Cards. ✓ Supplements? ✓ ✓

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 on 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.

Connect with Dr. Burns at www.scientahealth.com.




RBCcentre focus

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please check

www.rbcentre.ca

Win a \$200 shop! card®

Thank you for reading our first issue of RBC Centre Focus! You are now eligible to win a \$200 **shop! card**®, redeemable at over 4,000 Cadillac Fairview retailers across the country. **Click here to enter.** 



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For a complete Eservus listing, visit the Tenants page of www.rbcentre.ca 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!



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.

Enterprise Rent-A-Car at Your Service



Renting a car for a weekend getaway or when your vehicle is in the shop for a few repairs has never been easier or more affordable. With Enterprise Rent-A-Car located at the east end of the Simcoe Place concourse, RBC Centre tenants have the convenience of booking in person or online. With a variety of models and class sizes available, customers can choose from a long list of exciting models to fit budget and occasion: Suzuki Swift; Ford Fiesta; Nissan Sentra; Ford Focus, BMW 323i; Mercedes 'C' Class. Call **416-751-1342** or visit www.enterpriserentacar.ca to make your reservation.

Enterprise Rent-A-Car is an extended family of more than 2,800 employees in Canada and 65,000 worldwide. From humble beginnings, Enterprise has quickly become Canada's largest provider of rental cars. Through tremendous leadership and the entrepreneurial spirit of its employees, Enterprise has built the largest rental car company in North America.