

# THE 1350-1360 LINK

FALL 2023

TENANT NEWSLETTER

## Reconciliation Day



September 30 was the day of truth and reconciliation. The Day aims to recognize the tragic consequences of residential schools, the missing children, the families left behind and the survivors of these establishments but also to promote inclusion and cultural diversity. Orange shirt day, the emblematic color of this event because it represents truth and healing. Take the opportunity the first nations through different activities.

<https://mauditsfrançais.ca/5-adresses-pour-decouvrir-la-culture-amerindienne-a-montreal-et-autour/>

## Art and culture

### Museums for everyone

With the arrival of autumn, a host of activities arrive in the many museums and artistic venues of Quebec.

If you want to take a short walk at lunchtime, take the opportunity to pass through the Urban Forest of the McCord Stewart Museum and visit the historical photo exhibition *Bâtir Montréal*, presented outside, on McGill College Avenue. You can also visit the many parks in the neighborhood, several works have been added to showcase the artistic and historical wealth of Quebec. On Crescent Street you can admire the famous mural of Leonard Cohen.

### Botanical Garden

In October, the botanical garden's program will offer the Gardens of Light as well as the magnificent Chinese lanterns and the exhibition of decorated pumpkins. Go for a moonlit walk in the Chinese gardens where you can have tea while admiring the grandiose lanterns of paper, the First Nations Garden where a sound and lights show will captivate you or go see the pumpkin exhibition and the Halloween-themed theater show in the interior greenhouse.



### At the market

The harvest season is in full swing and the stalls are filled with fruits and vegetables in the colors of autumn. Take the opportunity to visit the Atwater or Jean-Talon Markets and discover many local products. A myriad of flavors and culture to discover.

# In my building

## HVAC

Did you know that ventilation comes from the floor? The raised floor on which you walk serves as a ventilation plenum, which is why it is important not to obstruct the air outlets and blocking the air vents on the floor. You may have seen technicians taking air samples recently? This is because we are in re-certification for Boma Best, Leed and a new certification Fitwell. We invite you to participate by taking actions to reduce our footprint. What can you do for the 3 "R" recycle, reduce, reuse or compost? Do you shop locally, do you participate in the circular economy? Share your efforts or suggestions with us, we would like to hear from you on this subject.



## Visual fatigue



To reduce the risk of visual fatigue from constantly focusing on your screen, look away from your computer at least every 20 minutes and stare at a distant object (at least 20 feet away) for at least 20 seconds. This is called the « 20-20-20 » rule.

Did you know that eating an apple is a stress reliever. Eating an apple has a soothing effect: chewing a food with a hard consistency, like that of an apple, allows you to exert significant force on the jaw, which helps release tension. In case of stress or anger, eat an apple! This will allow you to relax and unwind.

# Tenant events

## Clothing drive



Since we are fast approaching Thanksgiving, we thought that a small gesture to give back would be an opportunity. Until October 21, we are collecting donations of clothing and hygiene products for Old Brewery Mission.

## Apple activity

Who says autumn, says apples! The building will offer apples from the Philion Organic Orchard in the building entrance lobbies at the beginning of October. Come and bite into a tasty apple.



*"An apple a day keeps the doctor away!"*



## Trick or treat

Building staff will distribute treats in a kiosk specially dressed for Halloween. Come get your surprise bag and take a photo of yourself in our setting at lunchtime, we will be waiting for you in our most beautiful clothes... Mouhahaha!