

THE 1350-1360 LINK

WINTER 2023

TENANT NEWSLETTER

In my building

Carbon footprint



In order to quantify and reduce our carbon footprint, we are currently completing a Carbon Neutrality study.

Reduction measures are already underway. You will be able to see our electrician replacing our fluorescent lamps with LED tubes in the stairwells as well as in the fair. LEDs are 80% more efficient unlike fluorescent, they convert 95% of their energy into light for a much lower power cost.

Environment



COP28

The COP28 agreement clearly mentions a transition away from fossil fuels in order to achieve the carbon neutrality target by 2050. The agreement proposes tripling the capacity of renewable energies and improving energy efficiency by 2030. The only downside to this trend is the demand to increase the production of nuclear energy which has the support of the Canadian government.

Health

Did you know that Bixi will be testing winter bikes this year? The pilot project will be held in 7 boroughs including Ville-Marie and the fleet will be made up of Bixi equipped with studded tires and non-slip pedals. For more information: <https://bixi.com/fr/bixi-a-l-annee/>



Virus season



Every year during the winter months, many people contract the flu virus, colds, gastroenteritis, or become ill from other infections. The flu season peaks in December. It is therefore a good time to remind everyone to be careful and follow health instructions to protect yourself and your loved ones.

How to prevent them?

- Wash your hands often, especially when you are around people. Avoid touching your eyes, nose and mouth.
- Leave a large bottle of antibacterial gel within everyone's reach. And a box of tissues.
- Clean frequently used items: door handles, toilet handles, remote controls, switches, telephone, favorite toys, etc.
- If serving dip, prepare small individual bowls. This is a good way to keep viruses at bay.
- Do not share your glasses and utensils. Identify your glass.
- Take care of your immune system: rest, take a short nap if necessary and limit stress. Move. Dress for the temperature.
- Avoid contact with people who are sick or who have recently been sick. They may still be contagious.

Around the block

Winter activities

The city of Montreal offers several outdoor activities to enjoy the winter.

<https://montrealsecret.co/choses-gratuites-hiver-montreal/>



Or go skating in a festive atmosphere on one of the refrigerated outdoor ice rinks: at the Natrel ice rink in the Old Port of Montreal, the one at the Place des Festivals or the ice rink on the quiet esplanade. <https://montrealsecret.co/patinoires-montreal/>

A Seasonal Thought

**Tenants activities**

For Christmas, we are organizing a collection for the benefit of Réno-jouet to provide families in precarious situations with books, games and toys so that each child has a gift under the tree.

We thank everyone who, last fall, contributed to the winter clothing drive for the Old Brewery Mission. Thanks to your donations, we have collected a full palette that will make many people happy this winter.

MISSION
OLD BREWERY

Happy Holidays and Happy New Year 2024 from the entire CIGWL team, our best wishes and a little reminder to be careful when traveling!