

# THE 1350-1360 LINK

FALL 2020

TENANT NEWSLETTER

## COVID-19: Building Update

It's difficult not to mention anything about COVID-19, as it is still very present in our lives. Gradual return to work and the reopening of businesses sets us up to face this *Novel* normal.

Like many of you, we had to adapt to new obligations as well, while following governmental, ministerial and company policies. Those include sanitizing stations, mandatory masks in all public areas, limiting seating or access to spaces or areas. We have put up signage to promote some new habits and to guide you through the building in ways to best safeguard your health.

*We're ready for you whenever you are ready to come back!*

And if you are already back, know that our food court operators are back as well to serve you. The food court is open Monday to Friday, between 7am and 2 pm.



## Alvéole Workshop: From Hive to Harvest

Discover the process of extracting honey from bees through a workshop offered by our beekeeper Erin from Alvéole. The workshop will be held on **October 6<sup>th</sup>** via Microsoft Teams, between **2:00 pm and 2:45pm**.

**Note:** A invitation through Microsoft teams will be sent via email shortly.

## Parking Ramp:

The parking ramp is getting a makeover: We are widening the top and bottom of it to improve circulation. Game nights will tell.

## Recap:

- Wash your hands often, with soap and water for at least 20 seconds or use hand disinfectant.
- Wear a face covering when getting around
- Try to keep at least a 2m or 6ft distance from others
- **If you feel sick or have been in contact with someone who presents symptoms or has been diagnosed with COVID-19, stay at home.**

## Celebrating Autumn's Arrival

Harvest time is upon us. To celebrate the arrival of autumn, we have a delicious suggestion of how to use your crops. See the soup recipe below. Enjoy the reaps of your labor!

¼ cup butter  
2 large sweet potatoes, peeled and chopped  
3 large carrots, peeled and chopped  
1 apple, peeled, cored and chopped  
1 onion, chopped  
½ cup red lentils  
½ teaspoon minced fresh ginger  
½ teaspoon ground black pepper  
1 teaspoon salt  
½ teaspoon ground cumin  
½ teaspoon chili powder  
½ teaspoon paprika  
4 cups vegetable broth  
Salt and freshly ground pepper to taste  
¼ cup minced fresh cilantro or parsley, or more, to taste.

**Instructions:** Melt the butter in a large, heavy bottomed pot over medium-high heat. Place the chopped sweet potatoes, carrots, apple, and onion in the pot. Stir and cook the apples and vegetables about 10 minutes. Stir the lentils, ginger, ground black pepper, salt, cumin, chili powder, paprika, and vegetable broth into the pot with the apple and vegetable mixture. Bring the soup to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the lentils and vegetables are soft, about 30 minutes. Puree the soup right in the cooking pot. Bring back to a simmer over medium-high heat, about 10 minutes. Add water as needed to thin the soup to your preferred consistency.

Here are a couple of local farmers markets:  
**Les Fermes Dauphinais**  
**Marché Fermier**



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