

THE 1350-1360 LINK

WINTER
2020-2021
TENANT NEWSLETTER

HOLIDAY CHEER!

If you haven't been working at the office, you are probably missing all the joys of daily commute, such as traffic, crowded public transportation, roadwork at every street corner and all the construction that is still going strong.

Downtown is very different without you. This year's pandemic life has been a strange, new and stressful situation for many. And with winter sweeping in with a cold gust of wind, we want you to take care of yourselves. It has also shown us that a different way of working and living is possible, even if not always ideal. Whatever your take on it, make the best of it.

We wish you a safe and happy holiday season, from all of us here at GWLRA!

HOLIDAY MERINGUE RECIPE

Ingredients

- 3 large egg whites, room temperature
- 1/8 teaspoon kosher salt
- 1/3 cup sugar
- 1/2 cup powdered sugar
- 1/8 teaspoon peppermint extract
- 12 drops red food coloring



Steps

- Preheat oven to 200°F. Line a baking sheet with parchment paper. Using an electric mixer, beat egg whites and salt on medium-high speed until white and foamy, about 1 minute. With mixer running, gradually add sugar in 3 additions, beating for 2 minutes between each addition. Beat until firm peaks form, about 2 minutes longer. Add powdered sugar and peppermint extract; beat to blend, about 1 minute.
- Dot coloring over surface of meringue; do not stir (the coloring will form swirls when piped). Spoon meringue into a pastry bag fitted with a 1/2" tip. (alternatively, spoon into a plastic freezer bag, then cut 1/2" off 1 corner.) Twist top; pipe 1" rounds onto prepared sheet, spacing 1" apart.
- Bake meringues until dry, about 2 1/2 hours. Let cool completely, about 1 hour (meringues will crisp as they cool). **DO AHEAD:** *Can be made 2 days ahead. Store airtight at room temperature between sheets of parchment or waxed paper.*

THE ULTIMATE LIST OF NEW YEARS RESOLUTION IDEAS

This year has certainly given us a lot of free time to think about the future. How can we make up for the year 2020? Here are some great ideas for starting your year off focusing on some resolutions that you may want to take on.

1. Self-improvement
2. Better financial decisions
3. Quit smoking this year
4. Do more exciting things
5. Spend more time with family and/or close friends
6. Work out more often
7. Learn something new on your own
8. Do more good deeds for others
9. Resolve any negativity between you and a family member or friend. Be the one to call first and make the first move.
10. Wake up earlier to spend some quality you time before the day starts. Read self-improvement books, journal, eat a relaxed breakfast, and/or focus on your daily goals.



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VISITING WITH FRIENDS AND FAMILY - VIRTUALLY

This year we may or may not get a white, snow powdered holiday season, or get to see our relatives and friends in person, but it doesn't mean we have to spend them isolated.

Everything virtual is the rage this season. Well, it only makes sense. Will you be planning a virtual get-together this year? It is an opportunity to reconnect as a family with distant relatives or those overseas, as well, without worrying about cooking, seating and sleeping arrangements.

Here are a few free multi-platform applications that support group video chats you can use on your phone, tablet or home computer:

- **Skype.** Which some may agree, feels like the original chat app.
- **Zoom.** Free for up to 40-minute-long video chats.
- **GoogleMeet.** Similar to Zoom and MicrosoftTeams.
- **FaceTime.** For iOS users
- **TeamViewer.** They provide a free version for personal use.
- **Facebook Messenger.** Now allows you to chat with up to 50 people.

For those who do not have access to a computer or to the internet, some applications allow parties to call in by phone to join the conversation with a low-cost registration.

And If chatting is not your forte, the internet abounds with activity ideas you can play online. From classic charades, to Guess Who, to Pictionary or Bingo.

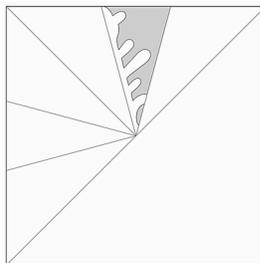
SHARE THE WEALTH OF HEALTH

Staying warm and fed is a basic need. With restrictions and precautions many food drive activities have been cancelled or replaced with online donation requests.

Try looking up your local charities for people in need. Call them to find out what they may need. In the wintertime, basic articles of clothing like socks or gloves and hats come in handy for the homeless. And any money donations will go a long way to provide meals as well.

Or perhaps you know of someone going through a rough time. Leave them something anonymously to help them out or to lift their spirits.

10 MINUTE CRAFTS FOR YOUR LITTLE ONES



Tape together newspaper sheets into a large square (about 9 sheets taped 3x3), fold and cut into a giant paper snowflake.

OR

Let them color the reindeer below, then cut it out for them to make into a finger puppet.

