

SPRING
2007

TOWER NEWS

STAYING GREEN

With a stated goal of diverting 100% of its waste from landfills by the year 2010, the city of San Francisco is arguably one of the most progressive cities in the country in terms of its dedication to overall environmental responsibility. Post Montgomery Center shares this ideal and has historically led the way in efforts to reduce waste. Our recycling program has consistently won top honors from the Building Owners and Managers Association. Post Montgomery Center was one of the first properties in the city to convert to a completely green cleaning system, only using natural products that are non-toxic. Even our newsletters are printed on 100% recycled paper from plants powered by wind energy.

This year Post Montgomery Center is teaming with a new company called Green Citizen in an effort to reduce the amount of e-waste our building sends to landfill. 100% of the materials Green Citizen collects is truly recycled. Green Citizen tracks each item from beginning to end, providing a level of accountability that is revolutionary in the industry. Post Montgomery Center has placed a Green Citizen recycling kiosk (one of the first in the city) on the Service Level next to the garage shuttle elevators. Tenants may use this kiosk to recycle batteries, printer cartridges, and media storage (CDs, floppy disks, etc.) free of charge. This is the first step in a program that will be expanding in the coming months. Eventually, tenants will be able to schedule a Green Citizen pick up of larger e waste items such as computer monitors or old printers for a nominal fee. Tenant contacts will be updated as the program expands.



You can learn more about Green Citizen and its recycling efforts by visiting their website at: www.greencitizen.com.

TOUR DE CURE

Charles Schwab is proud to field a team for the Napa Tour de Cure. Held Sunday, May 6, the bicycling event features bike rides of 10, 25, 50 or 100 miles through the beautiful back roads of wine country. It's followed by a party at the Yountville Veterans Home that includes lunch, live music and wine tasting.



The Tour de Cure benefits the American Diabetes Association in their fight against diabetes, a disease which affects more than 21 million Americans and is a leading cause of heart disease, kidney failure and blindness. The diabetes epidemic has been growing at an alarming rate, and a child born today is estimated to have a 1 in 3 chance of developing diabetes in their lifetime.

This is Schwab's 7th straight year participating in the event. Last year, Team Schwab took honors as the event's top fundraiser, setting a new event record by raising nearly \$80,000. They fielded a team of 125 riders, the largest team in the event. Altogether, the event raised over \$1 million, the most money ever for a U.S. bicycling event in the fight against diabetes. This year, the Schwab team aims to raise over \$100,000.

Schwab is joined by several other 120 Kearney tenants including Wells Fargo and Thomas Weisel Partners. An informational table will be in the lobby on Wednesday, March 21st. For more information, contact the Schwab team captain Rodney Paul: Rodney.Paul@schwab.com or stop by the information table.

WELCOME

Please join us in welcoming a new Administrative Assistant to the Post Montgomery Center team. Jenny Junginger comes to Post Montgomery Center with a background in the residential real estate field. She is from Walnut Creek, and went to college at the University of California, Davis graduating with a dual major in Communications and Spanish. Her motto is: When the possible isn't working, try the impossible.



THE MONTGOMERY POST

IMPORTANT PHONE NUMBERS

Building Office: 393-1500
One Montgomery St. Suite 3220
San Francisco, CA 94104
www.cwpmc.com

Crocker Galleria: 393-1505
50 Post Street
San Francisco, CA 94104
www.shopatgalleria.com

Security Desk: 393-1535
security@cwpmc.com

S.F. General Hospital: 821-8200
Police (non-emergency): 553-0123
Fire (non-emergency): 861-8000

ST. PATRICK'S DAY FAST FACTS: BEYOND THE BLARNEY

- According to the Guinness Book of World Records, the highest number of leaves found on a clover is 14.
- There are about 10,000 regular three-leaf clovers for every lucky four-leaf clover.
- Today New York's St. Patrick's Day parade is the longest running civilian parade in the world. This year nearly three million spectators are expected to watch the spectacle and some 150,000 participants plan to march.
- According to the U.S. Census Bureau, 34 million United States residents claim Irish ancestry, or nearly ten times the entire population of Ireland today, which stands at 3.9 million. Among U.S. ethnic groups, the number of Irish-Americans in the U.S. is second only to the number of German-Americans.
- The Irish flag is green, white and orange. The green symbolizes the people of the south, and orange, the people of the north. White represents the peace that brings them together as a nation.
- Legend says that each leaf of the clover means something: the first is for hope, the second for faith, the third for love and the fourth for luck.
- By law, pubs in Ireland were closed on St. Patrick's Day, a national religious holiday, as recently as the 1970s.

BLUE ON GREEN

Irish eyes will definitely be smiling this year at Crocker Galleria. Be sure to join us on Friday, March 16th from 11:30 a.m. to 1:30 p.m. for live St. Patrick's Day music from Blue on Green.

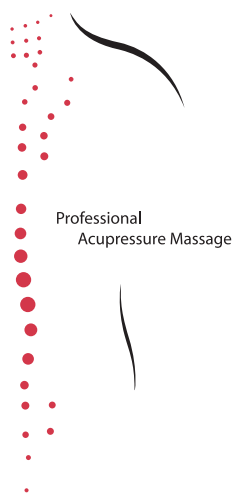
Blue on Green is a Celtic Blues Rock band with electric guitars, flute, sax, acoustic bass, vocals and drums. The band pushes the limits of blues-rock music by blending traditional blues slide guitar with San Francisco style rock, then finishes off with good old Celtic dance tunes.

You may recall Blue on Green from their performance at Crocker Galleria last St. Patrick's Day. They did such a great job in 2006 we thought we'd bring them back this year!



COMING SOON!

In May, Zubio, Massage for Every Body, will be joining the Crocker Galleria family on Level 1, offering chair massages at reasonable prices. Zubio's mission is to make the benefits of massage accessible to everyone. Professional table massage has enormous physical and mental benefits - but it's rarely affordable for most people. And since it often requires clients to undress, get covered in oils, and schedule an hour or more out of their day, it is hardly convenient. As a result, regular table massage remains outside the reach - both financially and psychologically - of many people. Zubio aims to transform massage from being a rare luxury into a readily accessible, integral part of people's health and lifestyle. Visit www.zubio.com to learn more and schedule your first appointment.



zubioTM
Massage for Every Body

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Massage for Every Body

**50% OFF
ANY CHAIR
MASSAGE**

Offer good at Crocker Galleria location.
Valid through May 8. One per customer.

MARCH MADNESS!

Don't miss your chance to join the 2nd Annual Crocker Galleria NCAA March Madness pool. This year the first prize is a \$500 Crocker Galleria gift card. Second prize is an 80gb ipod. Entering the game is fast, easy and free. Just follow these simple steps:

1. Visit: www.PoolTracker.com
2. Enter Pool ID: 12009
3. Enter password: crockergalleria
4. Enter your e-mail address
5. Click and join!

