

HOLIDAY
2004

THE MONTGOMERY POST
A NEWSLETTER FOR POST MONTGOMERY CENTER

Season's Greetings from Post Montgomery Center

San Francisco Toy Drive

Please look out for the toy barrels that will be placed in the lobby around **December 6-10**. You can support the toy drive by placing a new, unwrapped toy in a barrel during this period. The toy drive is a great way to bring a little holiday happiness to underprivileged families. We encourage everyone to get involved.



Holiday Music

Look out for holiday music in the lobby every Thursday in December!

December 2	Vibraphone duo/trio
December 9	Avalon Trio
December 16	Solo Piano
December 23	Violin Trio

Sidestep Holiday Food Traps!

How to avoid weighty pitfalls of the season



Trap 1: Family feasts: It's nice to see your family & friends but watching calories around the holidays is tough because food ties you to your family & friends.

Strategic sidestep: Contribute a healthful dish (roasted vegetables, whole-grain bread, a lean cut of meat) to your clan's holiday spread. Also, be a good guest and burn some serious calories by helping to clear the table, pitching in with household chores or running errands, anything to avoid sitting and nibbling.

Trap 2: Abundant alcohol - People love to belly up to the bar around the holidays. But alcohol can pack a double whammy, delivering up to 400 calories per

drink and eliminating inhibitions - which could lead to overeating as well as dancing on tables.

Strategic sidestep: Choose nonalcoholic drinks such as seltzer and cranberry juice. Drink from the same type of glass used for mixed drinks, complete with a lime and a swizzle stick, and you'll avoid the "Oh, you're not drinking?" hassles. Whatever you do, skip the eggnog - even with the booze, it's 300 calories per cup!

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Recycling

Post Montgomery Center has made it easier for everyone by implementing "at a desk" sorting system, providing you with a clip-on wastebasket caddy that will allow you to sort wet & dry trash without leaving your chair.



RECYCLABLES: Cardboard, Catalogs, Colored Paper, Computer Paper, Envelopes, Junk Mail, Metal, Newspaper, Paper Clips, Post-it Notes, Staples, Aluminum Cans, Glass Bottles, Milk Cartons (rinsed) Paper Cups, Plastic Bags, Plastic Bottles, Tin Cans, Waxed Paper Cups & Wet Hand Towels.

NON-RECYCLABLES: Food, Plastic Utensils, Broken Glassware, Photographs, Rubber Bands, Plants & Styrofoam.

Please call Susie at 393-1500 if you have any further questions about recycling.

CROCKER GALLERIA

the center of a great neighborhood!



Crocker Galleria Holiday Tree Lighting

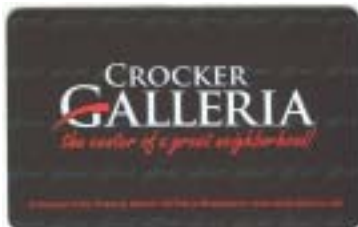
Thursday, December 2nd - 4 p.m. to 8 p.m.
in conjunction with *Union Square Holiday Stroll*

Free live music 4 p.m. to 8 p.m.
with special guest appearance at 7 p.m. by:
St. Finn-Barr Catholic School Children's Choir

Help us raise \$25,000 in 31 days for the Season of Sharing Fund. Stop by the Galleria between December 1st and December 31st, and take a donation envelope off our grand Holiday Tree—insert your donation and drop it in the mail. It's that simple to make a difference in the lives of people in need throughout the Bay Area, not just during the Holidays, but all year! **Telephone 415.393.1505.**

Crocker Galleria Gift Card

We are excited to announce that **Crocker Galleria Gift Cards** will be available on December 1st. The Gift Cards can be purchased at Naturally Edible or the Management Office in starting increments of \$5. This is a great gift idea for your friends, family & co-workers. If you have any questions, please call the building office. **Telephone 415.393.1505.**



Crocker Galleria Frequent Dining Program

Whether you're looking for breakfast, lunch, a quick snack or a sit down dinner, you'll enjoy the variety of options that are available at Crocker Galleria. Our new Frequent Dining Program, starting December 1st, rewards you for choosing Crocker Galleria.

Here's how it works . . . Each time you spend \$6 at a participating Crocker Galleria restaurant, simply present your card and ask for a stamp. When you have collected 8 stamps – your next meal (up to \$6) is FREE.

WELCOME

Public Glass



At **Public Glass**, we believe in the power of creativity for everyone, regardless of background or experience. That's why we're expanding our programs to offer more new experiences to more people. From solid working to a host of new glass blowing workshops, our classes and workshops offer something for all skill levels — from the beginner to the expert. Please visit our holiday gift store on level 1 of Crocker Galleria. (415)671-4916.

Memento Press



This year, create a gift they'll love forever! Bring your digital images to **Memento Press** and we'll create a beautiful hard or soft cover book that will be the favorite gift this holiday. It's quick, it's affordable, and it couldn't be easier. Photos of your family, your holidays, your adventures – think of the possibilities. Because, after all it's the thought that counts. We are located on level 2 of Crocker Galleria, or give us a call at, (415)773-1878.

Malm Luggage

Just in time for the holidays, **Malm Luggage** is located on level 1 and look for our new store location on level 2 in February, 2005.



FOR YOUR INFORMATION

POST MONTGOMERY CENTER STAFF

General Manager – Ellen Kovach
Property Manager – David Starkey
Financial Manager – Bruce Tsuma
Retail Manager – Sina von Reitzenstein
Chief Engineer – Bob McLaughlin
Assistant Chief Engineer – Henry Yee
Engineer – Kevin Cotter
Engineer – Santiago De Jesus
Engineer – Marty Gianni
Engineer – Richard Olson
Utility Engineer – Adnan Alameri
Property Administrator – Janet Lockshin
Tenant Services Coordinator – Deborah Cho
Administrative Assistant – Susie Hall
Property Accountant – Joe Lazo
Accounting Assistant – Amber Fang

HOLIDAY HOURS

December 2nd (Union Square Holiday Stroll)
Open from 10am to 8pm

MONDAY-FRIDAY:

December 13-17
December 20-24
Open from 10am to 7pm

SATURDAY:

December 11th & 18th
Open from 10am to 6pm

SUNDAY:

December 12 & 19th
Open from 12pm to 5pm