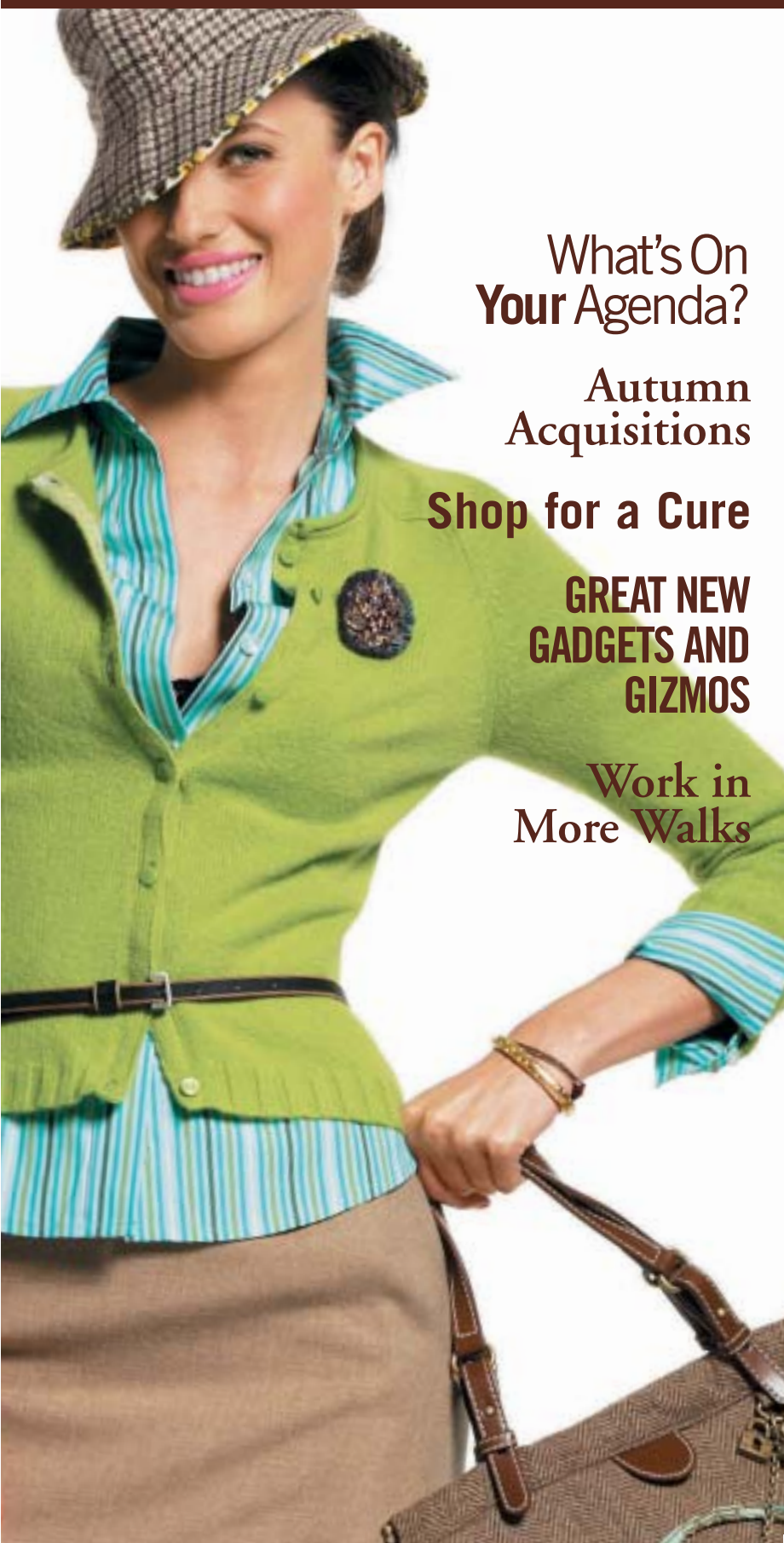


first canadian place

FALL 2004

FIRST

YOUR GUIDE TO 120 STORES, RESTAURANTS & SERVICES AT KING AND BAY



What's On
Your Agenda?

Autumn
Acquisitions

Shop for a Cure

**GREAT NEW
GADGETS AND
GIZMOS**

Work in
More Walks

designer details

Get the LOOK

Our Personal Shopper, Cathy DeSerranno, not only knows this season's fashion must-haves – she knows where you can find them at First Canadian Place.

ON THE RUNWAYS

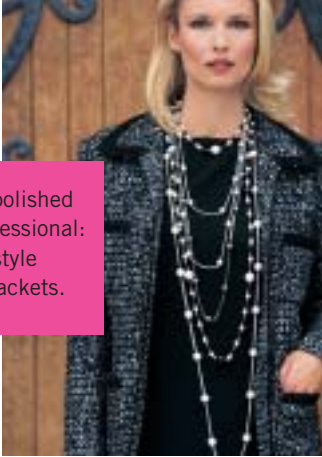
IN OUR STORES

CHANEL



Always polished and professional: Chanel-style bouclé jackets.

MELANIE LYNE



VALENTINO



Dress with star style: mix and match patterns with light silks and heavy tweeds.



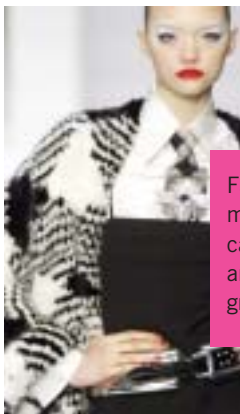
OPTIONS FOR HER

STELLMANN



Fashion designers make a strong case for black and white in bold graphic patterns.

VALENTINO



COVER:
STRIPED SHIRT,
CARDIGAN, FLANNEL
SKIRT, SKINNY CHAIN
BELT, TWEED HAT,
AND TWEED TOTE –
ALL FROM GAP.

essential ELEMENTS

Sometimes wearing the hottest colour or adding the perfect accessory is all you need to take an outfit from drab to fab!

CRYSTAL THERAPY

One is not enough: heirloom-inspired brooches made with Austrian crystals. **NECESSITIES**



UPDATE YOUR SOFTWAREAR

Stock up on soft, cable-knit sweaters in fall's hottest colours. **SUZY SHIER**



TIME TO REBOOT

Pink adds punch to office outfits. **ALDO**

BROGUE VOGUE

Look for details borrowed from men's wingtip oxfords.

NINE WEST

HOW TWEED LIFE IS

Well-heeled and ladylike with ribbon trim. **ALDO**



need advice?

ask an EXPERT

From updating your wardrobe to helping you lose weight so you fit in your fall clothes, rely on the experts who work at First Canadian Place.

ASK OUR PERSONAL SHOPPER



Q: My 20th wedding anniversary is coming up and I have no idea what to give my wife. Any suggestions?

A: Congratulations! I suspect you want to give your wife a special keepsake with timeless appeal. A Tahitian pearl necklace from **BIRKS** would be an excellent choice. Tahitian pearls are among the most exotic, sensuous and precious of all pearls.



To make the gift-giving experience extra special, take your wife to the Royal Ontario Museum to see the exhibition *Pearls: A Natural History* (September 18, 2004 to January 9, 2005). Catch her off-guard: slip the strand of pearls around her neck while you're there.

CATHY DESERRANNO is FCP's Personal Shopper. Whenever you need free gift-giving advice, visit the Personal Shopper section of firstcanadianplace.com or call her at 416-862-6322.

ASK A PERSONAL TRAINER



Q: Watching the Olympics has inspired me to get off the couch and get back into shape. How do I even begin?

A: It's great that you've decided to make a healthy lifestyle change.

Joining the **ADELAIDE CLUB** is a smart start. When your gym is close to where you work and offers flexible hours, that makes it easier to fit several workouts into your week.

Especially if you haven't been doing any kind of exercise lately, your best bet is to begin with a personal trainer. He or she will help you identify realistic, measurable fitness goals and customize a plan to help you achieve them. Your trainer will also ensure that you're getting a proper balance of exercise that promotes strength, flexibility and stamina. Once you start getting back into shape, you can work out with a friend. For example, squash is a healthy stress-reliever. Many find group exercise classes extremely motivating.



TYRONE ESTABROOK is the Personal Training Director at the Adelaide Club. If you have a question about getting or staying in shape, call him at 416-367-9957 ext. 115.

mind, body and soul

healthy YOU

Tired of feeling run-down? If you work at eating nutritious foods, sleeping better, and exercising more, you'll soon have a lot more energy.



AT WORK: GRAB AN APPLE

Suffering from an afternoon snack attack? Ward off your hunger with an apple. Not only are apples full of antioxidants, they're good for your teeth – helping to prevent tooth decay. Have an apple a day. Get them fresh at **KITCHEN TABLE**.

AT REST: SWEET DREAMS

Feeling grumpy? Having trouble concentrating at work? Not sleeping well can affect your mood and productivity. The next time you're lying wide awake in bed, instead of counting sheep, read *The Good Sleep Guide* by Michael Van Straten (Whitecap). Look for it at **COLES**.



TENSION TAMER: Take a break from working around the clock to walk around the block. First Canadian Place and the adjacent Exchange Tower (to our west) occupy an entire city block. Get outside and walk along King, up York, across Adelaide and down Bay. Once around takes about eight minutes!

AT PLAY: SOOTHE SORE MUSCLES

Perfect for exercise-related pain! After a grueling game of squash, try Mint Ice Fitness Cream from **H2O PLUS**. This cool and refreshing cream soothes aching muscles, while softening the skin. Simply massage a generous amount over your body, paying special attention to tense, overworked muscles.



seriously stylish

WORK WEEK WEAR

From head to toe, First Canadian Place has everything a man needs to look polished and professional.

IN THE STORES



Focus your attention on stainless-steel frames. **KARIR EYEWEAR**



Utility is a fresh, clean scent that's subtle enough for the office. **H2O PLUS**



Got a craving for a pumpkin tie? **VASSI FINE MENSWEAR**



Men's footwear gets the boot this fall. **ALDO**

ON THE RUNWAYS



Fridays aren't so casual anymore. Replace khakis with pinstripes.

keeping up appearances

especially FOR MEN

Dressing for success goes beyond what you wear. Smart grooming is also essential to creating a positive image. Work it!



BIG BANG THEORY

Whether you're watching television or flipping through the latest issue of *GQ*, it's obvious that bangs are back in a big way. Not sure if the look is right for you? Ask your stylist when you go for your next haircut.

ADRIENNE FOLEY SPA

SKIN SENSE

Discover Vichy Homme's complete line of daily skincare products, enriched with vitamins and minerals.

PHARMA PLUS DRUGMART



LIP SERVICE

Protect your lips with Clear Advance from Blistex®, a men's lip balm with an SPF of 30.

PHARMA PLUS DRUGMART

HANDSOME HANDS

When you're wearing a designer suit, shouldn't your hands look just as impressive? Join the many men who are discovering the advantages of professional manicures. Within about a half-hour, a manicurist will remove calluses, repair cuticles and shape fingernails. A coat of clear polish is an option, but most men prefer to keep their manicure simple and natural. **ADELAIDE SPA**



autumn HARVEST

Whether you're entertaining at home or meeting friends after work, get things started at First Canadian Place.

GLASS ACT

The must-have item to update your home?

Anything made with coloured glass.

TABLE OF CONTENTS

has coloured glass plates, candleholders and more. An over-sized bowl in regal purple makes a bold statement on any hutch or table. Fill with green apples or mini pumpkins.



ENTERTAIN EVERYDAY: Treat at least one meal a week as a special occasion. Plan a special menu, try a new recipe, light the room with candles, play a new CD – and invite someone over.

NOSE-WORTHY

As the sommeliers at **REDS** wine country bistro plan ahead for the fall season, their focus will be on red wines made from the Syrah grape. Currently the hottest trend in red wine, Syrah has a celebrated history in France's Rhone Valley. Based on this success, Syrah now flourishes in California, Washington State, South Africa, Italy and Australia (where it is known as Shiraz).

Meet your friends after work at **REDS** to sample these special Syrahs:

- Bishop's Peak Syrah 2001 (Edna Valley, California)
- Alain Graillot St. Joseph 2001 (Rhone Valley, France)
- Mission Hill Syrah 2001 (Okanagan Valley, BC)
- Two Hands Shiraz Angel's Share 2002 (McLaren Vale, Australia)



to have and to hold

GADGETS & gizmos

Innovative inventions. Electronic marvels. FCP has some of the coolest new toys for grown-ups.

POWER TOOL

Have you heard? The Apple iPod Mini 4GB MP3 Player is now available at **RADIOSHACK!** Smaller than any cell phone, it's bringing music to the mobile masses: men and women, young and old, Mac and Windows PC users.



CONVERSATION PIECE

Exclusive to **FIDO** and available at First Canadian Place, the Motorola V400 is sure to be the talk of the office this fall. Get connected with it: take digital photos, surf the internet wirelessly, send instant messages, and much more!



PERFORMANCE ENHANCER

Be among the first at First Canadian Place to write with a colourful YORO pen. Available at **HANDWRITINGS**, it's ideal for anyone – left or right handed – who writes for long periods at a time.



autumn colour changes

GREY matters

Sad that summer's over? Go from feeling grey to feeling great by going shopping. Our favourite grey girl, Macy Gray, has a greatest hits CD coming out in September. Look for it at **HMV**.



YAY TO GREY

For those who boldly say "Yay!" to going grey, add a silvery brightness to your hair with Aveda's Blue Malva Shampoo.

ADRIENNE FOLEY SPA



NAY TO GREY

For those who would rather say "Go away!" to grey, L'Oréal's Excellence Crème provides 100% grey coverage.

PHARMA PLUS DRUGMART



Researchers from L'Oréal recently made an unexpected discovery: the greying process in the hair is due to a gradual, not sudden, disappearance of the melanocytes in hair follicles.

LIQUID GREY

Fall is a time for change. The next time you go to the **LCBO**, instead of reaching for your usual vodka, grab a bottle of Grey Goose Vodka by the neck. Take it home, chill it in your freezer. Enjoy ice cold and on its own.



LAUNDRY LESSON: The key to keeping your whites from going grey is frequent laundering in the hottest water the fabric can withstand. Resist the urge to reach for bleach – it removes optical brighteners from fabrics.

make a difference

wise CHOICES

Think global. Shop local. By supporting the efforts of stores trying to make a difference, you can help make the world a better place.



THINK PINK

October is Breast Cancer Awareness Month. You can do your part just by going shopping.

TABI'S Think Pink event is on from September 22 to October 12. Visit Tabi and help support Breast Cancer Research.



From September 15 to October 31, **LAURA PETITES** will be offering their Laura 2-in-1 Signature tote bag with a coordinating carryall for only \$5. A full 100% of proceeds (excluding applicable taxes/Laura Privilege Card discount, not applicable) will be donated to the Canadian Cancer Society for breast cancer research and support programs.

DID YOU KNOW? Laura Canada, including Laura Petites stores, have been raising money for the Canadian Cancer Society since 1998. This fall they are committed to reaching the \$1 million mark in total donations.

HUMANE BEANS: FAIR TRADE COFFEE

Kudos to **TIMOTHY'S WORLD COFFEE** for Fair Trade coffees! Fair Trade is an international initiative to ensure small farmers are paid decent prices for their coffee. Fair Trade coffee beans benefit farming families in many ways, such as building schools, better housing, providing health services, and training in literacy.

Do your part by drinking these certified organic Fair Trade coffees:

- Mexican Swiss Water Decaf
- Nicaraguan Wiwili
- Nicaraguan Soppexcca

For more information on Fair Trade initiatives, visit www.transfair.ca.



mark your calendar

What's On Your Agenda?

When life is this busy, who has time to work? Make the most of your day at First Canadian Place.

BRING IN YOUR DRY-CLEANING

Before you put away last season's clothes, make sure everything is cleaned and pressed. Even food stains you can't see can attract moths over the winter. **THE PREENERS CUSTOM FABRICARE**



LOOK AFTER YOURSELF

In Canada, one in four women over 50 and one in eight men over 50 have osteoporosis. To reduce your risk, be proactive! If you're not getting enough calcium in your diet, increase your intake with supplements.

NATURALLY YOURS



GET YOUR FLU SHOT: Every winter, one in every four working Canadians is infected with the Influenza (FLU) virus. For most people, the best defense is an annual flu shot. This fall, **PHARMA PLUS DRUGMART** is making it easy to fit a free flu shot into your busy schedule. For information about Pharma Plus fall immunization clinics, please call 416-362-6406.

FALL BACK ONE HOUR

OCTOBER 31: After a night of trick-or-treating, remember to set your clocks back one hour. Instead of fiddling with your old timepiece, treat yourself to this elegant, special-edition Birks 125th Anniversary Watch. **BIRKS**



COMING SOON: Keep an eye open for details of our Fall **ARTS & EVENTS** performances and **LEARNING NETWORK** seminars: together in one handy agenda to carry and keep all season.

PAMPER YOUR FEET

Don't stop getting pedicures just because flip-flop season is over. Be a proud local citizen by showing off a new pink from OPI – *Paint Your Toron-toes Rose*.

ADRIENNE FOLEY SPA



GET ORGANIZED

Clear away the clutter on your desk and in your purse or briefcase. Keep everything organized in an attractive leather agenda.

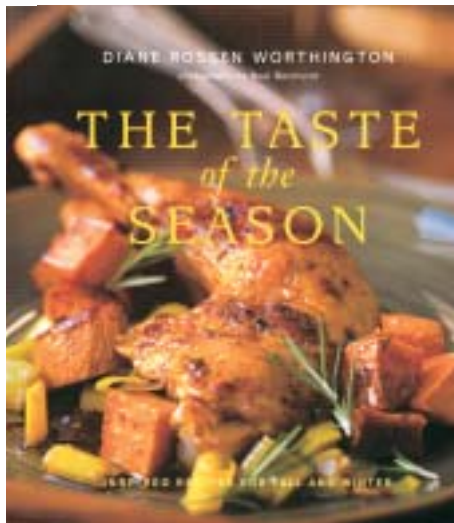
B. SLEUTH & STATESMAN INC.

PLAN THANKSGIVING DINNER

OCTOBER 11: Want to serve your family something special? Start by treating yourself to a new cookbook.

The Taste of the Season by Diane Rossen Worthington (Chronicle Books) is filled with easy-to-prepare recipes for autumn.

COLES



TREAT YOUR SWEET TOOTH

Bite into divine decadence: green apples dipped in caramel, then dipped in milk chocolate and swirled with white chocolate!

ROCKY MOUNTAIN CHOCOLATE FACTORY

special announcements

first NEWS

We hope you're hungry! This fall, there are plenty of delicious new meals to try at lunch and after work.

NEW MENU: TASTING ROOMS

Tasting Rooms is changing its menu in October. While you may be putting away your own barbecue at home, the thrill of the grill has influenced many of the restaurant's new dishes. Get a taste of what we mean: their new dinner menu features grilled steaks and fresh fish cooked over live charcoal.



AUTUMN EVENINGS: Did you know that Tasting Rooms restaurant has a wood-burning fireplace? Drop by after work and unwind. Bring a friend – or bring a book!



NEW RESTAURANT: SAPORI TRATTORIA

Craving Italian food for lunch? This fall, you'll be able to enjoy the authentic tastes of Italian cuisine, without having to leave First Canadian Place. Whether you eat in the restaurant or order something from the take-away counter, choose from the many special dishes developed for their brand new lunchtime menu.

NEW FASHIONS: FALL FASHION SHOW

You've read about some of fall's top fashion trends in this magazine. Soon you'll also be able to see this season's hottest looks for men and women on the runway. Mark your calendar: our Fall Fashion Show takes place on October 21 at 12:15 and 1:15 at the Waterfall Stage of First Canadian Place.



JUST MOVED IN! ADD TO YOUR PHONE BOOK

MARITIME TRAVEL Street Level

416-361-9330

SPAMEDICA® INFINITE VITALITY CLINIC

Dr. S. Mulholland, Plastic Surgeon, 25th Floor, Suite 2500

416-644-0050

SAPORI TRATTORIA Upper Level

416-862-6294

reward yourself

Great ESCAPES

The secret to success and happiness? It's about balancing business with pleasure. Take a break at First Canadian Place.



GOT TO GET AWAY?

Whether in need of a romantic break on a beach or planning a family vacation – when it's time to escape, make all the arrangements with **MARITIME TRAVEL**, located on the street level of First Canadian Place (behind Handwritings). Stop by and let these travel experts help you turn the trip of your dreams into your next vacation. Make plans before October 31 to take advantage of **MARITIME TRAVEL'S** Book Early special offers.

TRIP TIP: For help getting ready for your next trip, call FCP Personal Shopper Cathy DeSerranno at 416-862-6322. She'll help you get everything you need – all for free!

CAN'T GET AWAY?

Burning the candle at both ends? No time to take a few days off to rejuvenate? A quick visit to **SPAMEDICA®** Infinite Vitality Clinic in its newest location on the 25th floor of FCP could be the answer. **SPAMEDICA'S** unique treatments will provide you with beautiful and healthy skin with a youthful vitality that you desire! Call and book your appointment at 416-644-0050.



FIRST is a free seasonal magazine produced and published by First Canadian Place Shopping Centre. For information, please e-mail our editor at: fcinfo@firstcanadianplace.com
Products featured in FIRST are subject to availability.

▪ First
Canadian
Place
▪
Shopping Centre

MIX BUSINESS WITH PLEASURE
120 STORES, RESTAURANTS & SERVICES AT KING AND BAY

firstcanadianplace.com

who's at first?

directory FCP

Tracking down an item featured in this magazine? Need to make a reservation for lunch? Wondering if your dry-cleaning is ready? Use this handy list to contact our stores, restaurants and services.

WOMEN'S WEAR

Atelier, Sandra Angelozzi	416-682-9074
Fairweather	416-861-9318
Gap	416-777-1332
Laura Petites	416-364-7761
La Vie En Rose	416-366-9385
Melanie Lyne	416-368-0840
Options For Her	416-861-8733
SOLÉ Swimwear	416-368-9190
Steilmann	416-304-0221
Suzu Shier	416-367-1756
Tabi International	416-955-1419
United Colors of Benetton/Sisley	416-362-3128

CHILDREN'S WEAR

babyGap	416-364-9200
---------	--------------

MEN'S WEAR

Gap	416-777-1332
Grafton & Co.	416-214-1499
Tello & Son Clothiers	416-362-9079
Tip Top	416-862-9229
Vassi Fine Menswear	416-363-8060

SHOES

Aldo Shoes	416-867-1118
Nine West	416-368-0611

ACCESSORIES

Collin Jewellers	416-362-0440
Geli Gems	416-366-4007
Henry Birks & Sons	416-363-5663
K. Jamson Leather	416-362-0230
Karir Eyewear	416-363-4669
Legs Beautiful	416-366-3839
Necessities	416-868-9424
The Art of Design	416-216-1698
The Eyeglass Boutique	416-368-1551
The Jewellery Studio	416-363-4965

GENERAL SPECIALTY

Adelaide Sports	416-364-2772
Art One	416-368-3575
B. Sleuth & Statesman Inc.	416-955-9696
Black-Eyed Susan's	416-361-3500
Carlton Cards	416-360-4536
Coles	416-869-1079
David Mitchell IL-Makiage Studio	416-304-1077
Eitelbach	416-594-6555
Fido	416-815-0207
Gateway Newstand	416-214-4605
Gateway Newstand	416-861-1352
Gateway Newstand	416-304-0359
H2O Plus	416-363-6066
Handwritings	416-366-6531
HMV	416-364-6815
LCBO	416-594-9040
Pharma Plus Drugmart	416-362-6480
RadioShack	416-363-3116
Table of Contents	416-203-1182
The Humidor	416-363-4233
The Tea Emporium	416-861-1755
Timothy's World Coffee	416-363-1723

SERVICES

Adelaide Club	416-367-9957
Adelaide Health Centre	416-367-5200
Adelaide Spa (ext.141)	416-367-9957
Adrienne Foley Spa	416-214-1944
Altima FCP Dental Centre	416-368-7226
BMO InvestorLine	416-643-1778
Bank of Montreal	416-867-5000
Board of Trade	416-366-6811
Canada Post	416-364-0540
Dr. Bernstein's Diet Clinic	416-869-3118

Dr. Brenda Shaul & Assoc. Optometrists	416-363-7342
Drs. Lebovic, Jacobs & Altman Dental Office	416-868-1066
First Canadian Chiropractic & Acupuncture Clinic	416-368-4858
First Canadian Medical Centre	416-368-6787
Hearing Solutions	416-216-1845
Keys Plus	416-365-7775
Maritime Travel	416-361-9330
One-Stop Ticket Shop	416-359-9259
Penny Loafers Shoe Shine Co.	416-203-7496
Plus One Courier	416-365-8080
Preeners Custom Fabricare	416-362-3823
Ray Daniel Hair Salon	416-366-0400
SpaMedica	416-644-0050
Sutherland-Chan Massage Clinic	416-368-9675
The Printing House	416-366-8884
Tony's Barber Shop	416-368-8108
Travellex (located inside Bank of Montreal)	416-304-6130
UPS Courier	416-361-6090

MARKET PLACE

Bacchanalia	416-368-5933
Black-Eyed Susan's	416-361-3500
Decadent Desserts	416-864-9944
Furama	416-866-7412
Greenleaf's	416-363-7085
Ho Shim	416-368-0125
Naturally Yours	416-368-0100
New York Bagel	416-861-9626
O'Sole Pizza	416-363-4055
Rocky Mountain Chocolate Factory	416-861-2475
Soup It Up	416-364-0919
The Kitchen Table	416-362-4258
Timothy's World Coffee	416-363-2937

RESTAURANTS

Duke of Westminster	416-368-1555
Epikourion	416-362-6781
Fusion Bar & Grill	416-368-3692
Louisiana Purchase/Eddy's Bar reds	416-364-5633 416-862-7337
Sapori Trattoria	416-862-6294
Szechuan Szechuan	416-861-0124
Tasting Rooms	416-362-2499
Toby's Good Eats	416-366-3953

FOOD COURT

Bento Box	416-364-4810
Bourbon St. Grill	416-366-6889
Jimmy the Greek	416-362-6781
Maxim	416-366-2946
Mr. Sub	416-361-9942
Nash'Tah	416-216-8548
New Wok New Wok	416-861-0124
Pumpernickel's	416-863-9880
Santorini Café	416-362-6781
Soly's Diner	416-863-9880
Swiss Chalet Express	416-368-2702
Taco Bell Express	416-364-7095

IMPORTANT NUMBERS

Building Management Office	416-862-8138
FCP Concierge	416-947-9990
FCP Gallery	416-862-6180
FCP Personal Shopper	416-862-6322
Parking	416-862-6304
Security Desk/Lost & Found	416-862-6319

For more information, visit our web site at firstcanadianplace.com. In the Shopping & Dining section, click on Directory.

IPA(key): /ÉjÉ>t/, /ÉjÉ>t/, [ÉjÉ>Ê”]. Rhymes: -É>t. From Middle English *geten*, from Old Norse *geta*, from Proto-Germanic **getan*Ä... (compare Old English *ġietan*, Old High German *pi-gezzan* (â€œto upholdâ€), Gothic *ðCE±ðCE¹ðCE²ðCE¹ð,,ðCE°ðCE½* (*bigitan*, â€œto find, discoverâ€), from Proto-Indo-European **gÊ°ed-* (â€œto seizeâ€). Cognate with Latin *prehendo*. *get* (third-person singular simple present *gets*, present participle *getting*, simple past *got* or (archaic) *gat*, past participle *got* or (American, Canadian, Irish, Northern English *get_the_category*(int \$id = false). Retrieve post categories. Contents.Â This tag may be used outside The Loop by passing a post id as the parameter. Note: This function only returns results from the default "category" taxonomy. For custom taxonomies use *get_the_terms*(. Parameters #Parameters. \$id. (int) (Optional) default to current post ID. The post ID. Default value: false. Top â†’. Return #Return. (WP_Term[]) Array of WP_Term objects, one for each category assigned to the post. Top â†’. Source #Source.