

SUMMER 2007

A newsletter for the tenants of the Federal Reserve Plaza

Building Contacts

Emergency
617.973.3333

Life Safety & Security
617.973.3602

Visitors Desk
617.973.3606

Tenant Liaison
Dana Szymczuk
617.973.3190

Facilities Director
Paul Gusmini
617.973.3890

Conference Center
617.973.3458

Catering Food Services
617.973.3596

Service Request Line
617.973.3255

The Harborview Dining Room: Wines Dinner with the Chef

In May, we hosted a pilot four course "Wines Dinner with the Chef." The event is similar to a traditional cocktail/dinner party with regard to the meet and greet reception and the sit-down dinner. According to Randi Cavanaugh, Client Services Manager, "the Wines Dinner provides a new event format for entertaining clients, colleagues, or friends by presenting a unique opportunity for attendees to interact with the chef."

During the dinner portion of the event, the chef describes the ingredients in each course and how each was prepared. The chef also discusses the different wines served and why they were selected to accompany the menu. When drinking the wine, the chef explains the variety of flavors tasted and the fragrances, or bouquet, smelled. Additionally, the chef encourages questions and discussion related to the menu and wine selection. As it is designed to be interactive and informational, there is a maximum of 20 people per event and it typically lasts for about three hours.

Based on the success of the first dinner, two additional dinner events are tentatively scheduled for the summer and the fall.

These events will be offered on a first come first served basis to all building occupants. Additional information will be posted on the electronic board on the fourth floor and on federalreserveplaza.com.

To reserve a place setting for either of the two upcoming "Wines Dinner with the Chef" events, please contact Jenna Davis, the manager of The Harborview Dining Room, at 617-973-3596.



No Excuse Fitness

We all know how important it is to exercise regularly. Yet, as reported by the American Heart Association (AHA), only thirty percent of American adults exercise frequently. The AHA also reports that approximately 140 million Americans over the age of 20 are considered overweight or obese.



At 600 Atlantic Avenue, we are committed to promoting the importance of regular exercise. Located on the first floor basement (B-1), the Fitness Center offers memberships to tenant employees at a cost of \$75 per quarter. The Fitness Center is managed by Plus One and has qualified professionals to help you develop a customized exercise program. It is open 24 hours a day, seven days a week. Laura Suwena, Fitness Center

General Manager, stated that "participating in group exercise classes is a great way to stay motivated. We offer a variety of classes including cardio, step, kickboxing, strength, conditioning and yoga. Taking a variety of classes ensures you're constantly changing up your routine and incorporating cardio, strength and flexibility, which are the main components of fitness." Perspective members are required to complete a 10 minute health evaluation before you are allowed to use the Fitness Center.

So, what is preventing American adults from exercising more often? We have all heard, or perhaps, even used the excuses of not having the time to exercise or being too tired to exercise after work. The American Council on Exercise conducted an informal poll to determine additional excuses that people use for not exercising. Interestingly, nineteen percent of the 1,500 respondents claimed that they are too out of shape to exercise and are afraid they will be the only person at the gym that is not in good shape. Now, although we are not able to increase the number of hours in the day or boost a person's energy level, we can make exercising more convenient and affordable.

To get started today, please contact the Health Services Unit at (617) 973-3180.



Tenant Feature

Ever wonder about other tenants in the building? Read on to learn about Harvard

Management Company (HMC) as our series continues about companies located at 600 Atlantic Avenue.



We would like to congratulate Harvard Management Company, Inc. for being one of our longest tenured tenants at 600 Atlantic Avenue. HMC came to 600 Atlantic Avenue in 1987. The company occupies the thirteenth, fifteenth, and sixteenth floors and has approximately 175 employees.

Founded in 1974 as a wholly owned subsidiary of Harvard University, HMC is an investment management organization. HMC's core mission is to produce superior investment results for the Harvard University endowment and related accounts. Currently, valued at more than \$29 billion and consisting of more than 10,700 separate funds, the

endowment is the largest among institutions of higher education. The endowment plays an important role in the financial structure of the University by not only funding academic initiatives, various research programs, and the day-to-day operation of the University, but also financial aid initiatives, acquisition of art and other collectibles, and sustaining specific school and faculty chairs.

Over the term of HMC's occupancy, 600 Atlantic Avenue has experienced many changes. Mike Tufts, Vice President of Corporate Services at HMC, stated that "having been located at 600 Atlantic Avenue for almost 20 years now, HMC staff have observed many changes to the building, most obviously noted was the completion of the front plaza renovation. For those of us who have been in the building for 8 - 10 years, the changes we have seen are truly significant and represent a commitment to running a first-class building." HMC is in the process of developing a company website and, for your convenience, a link will be provided on federalreserveplaza.com.

"the changes we have seen are truly significant and represent a commitment to running a first-class building."

What is happening with Russia Wharf...

Set between the Intercontinental Hotel and 600 Atlantic Avenue, Russia Wharf was once the headquarters for the lucrative trade with Russia, which began as early as 1784. Almost a century later, the Great Boston Fire destroyed the structures on Russia Wharf. The wharf was rebuilt in 1876. In 1897, however, the City of Boston granted building permits for the development of the three buildings that are currently being renovated. The historic buildings on Russia Wharf include the Russia Building, the Graphic Arts Building, and the Tufts Building. The three buildings have primarily been used as office space since they were built.

In 1997, Equity Office Properties Trust (Equity Office) purchased Russia Wharf and in 2002 unveiled its redevelopment

plans for the wharf. Estimated to cost \$300 million, the proposal called for the development of a 31-story office tower, 50 residential units, a 512-car underground parking garage, a working dock, a restaurant, a jazz/blues club, a gallery, and an outdoor sculpture garden. In early 2007, Blackstone Group acquired Russia Wharf from Equity Office and in April Blackstone Group sold the wharf to Boston Properties Inc. for \$105.4 million. Essentially, Boston Properties is going to use the existing design proposal and incorporate the facades of the buildings into the new mixed-use complex.



DID YOU KNOW?

In addition to the Fitness Center, 600 Atlantic Avenue has two squash courts accessible to all building occupants. Located on floors 34 and 35, the courts are available by reservation between the hours of 7:00 a.m. and 9:00 p.m., Monday through Friday. Showers and locker facilities are on each floor. The hourly rate for the courts is \$10.

To reserve a court, call (617) 973-3517.

