



# The Review

A Newsletter for the Tenants of Kemper Lakes Business Center | Volume 2

## Kemper Lakes Wins Prestigious TOBY Award

In late 2008, Kemper Lakes Corporate Center One was selected as a local TOBY award recipient in the “Renovated Category” through BOMA’s Suburban Chicago Chapter. The property will compete in regional judging this Spring. Wish us luck!

Each year, the Building Owners and Managers Association (BOMA) recognizes properties that exemplify superior building quality and management practices with The Office Building of the Year (TOBY) Award. This award program recognizes excellence in hundreds of communities around the country, first at the local level, then regional, and culminating with international awards bestowed at an annual conference.

BPG Properties, Ltd., the owner of Kemper Lakes, is extremely proud of this TOBY award and the successful renovations completed at the property. Following a \$35 million capital improvement program consisting of extensive common area renovations, beautiful new finishes, upgraded amenities, new entrances, landscaping enhancements, elevator renovations, and mechanical, electrical, and security system upgrades, Kemper Lakes now exceeds today’s business standards.

Repositioning of the office property has resulted in an enriching new environment that truly makes Kemper Lakes a unique and premier business destination for tenants and visitors alike.



# Health & Wellness Corner

Spring is in the air so it's not too early to start preparing for golf and tennis season. Core strength and flexibility will improve your game and prevent injury. The muscles of the "core" include the abdominals and back.



Try these golf specific stretches after you have warmed up for 5-10 minutes: neck rotation; posterior shoulder stretch; anterior shoulder and chest stretch; forearm and wrist stretches; toe touches; trunk rotation; hamstring and quadriceps stretch; and calf stretch. Remember to stretch every day for maximum flexibility.



Do you want to burn more calories 24 hours a day? Then add resistance (weight) training to your fitness repertoire. Pound for pound, muscle burns 50 times more calories than fat. Mathematically speaking, if you were to add 5 lbs. of muscle and lose 5 lbs. of fat, you would burn an extra 250 calories per day or 1,750 per week! Now, combine that with reducing your daily caloric intake by 250 calories and you will lose 1 pound per week—easy and sensible too!



Do you need variety in your life? Try one of the lunchtime express exercise classes like Pilates, spin, step, total body conditioning or boot camp. There's something for everybody!



Not a self-starter? Why not schedule a personal training session? As a certified personal trainer for over 15 years, I can help you establish and refine your fitness goals, then help you achieve them.

Yours in Health & Wellness,

*Amy LeTourneau, Manager  
Kemper Lakes Fitness Center, Lower Level Bldg. 3*

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## Eco-Friendly Practices at Kemper Lakes

BPG Properties is a strong proponent of environmental initiatives. As a result, 'green' practices are continuously being evaluated and implemented at Kemper Lakes where applicable.

### **Did You Know...**

The sprinkler system providing fire protection for all four buildings at Kemper Lakes is filled by utilizing water from the lakes on the grounds, as is all the irrigation for the beautiful landscaping throughout the property. This process of utilizing ground water for landscape irrigation and the sprinkler system would provide a 95% LEED rating for water efficiency from conventional sites.

Also, two deep wells on the grounds provide domestic water for building occupants after it is treated by water softeners. These wells are 1,000 feet deep and are fed from an aquifer that runs underground from the Lake Superior area through Wisconsin.

Thousands of gallons of municipal water are saved by these processes, conserving our natural resources and saving energy.



# Safety Comes First at Kemper Lakes

Knowing what to do in the event of an emergency is the key to personal safety. That's why emergency evacuation drills were conducted at Kemper Lakes last fall—to provide tenants with the knowledge and confidence to escape any emergency safely. There are two steps for a good evacuation program: planning and practice.

**Planning:** Under the direction of the Long Grove Fire Department, a pre-planning training session was conducted last November prior to the scheduled emergency evacuation drills. The purpose of this meeting was to educate tenants' designated wardens in the process of a building evacuation.

**Practice:** During emergency evacuation drills conducted last November, under observation of the Long Grove Fire Department, tenants were directed to evacuate each building to predetermined assembly areas in the parking lot. Similar evacuation drills will be held on a semi-annual basis to ensure tenant safety at Kemper Lakes.

We would especially like to thank the volunteer tenants' designated wardens that participated in the training session and assumed leadership roles during the drills. Everyone's commitment to life safety initiatives at Kemper Lakes are appreciated by all.

Emergency evacuation drills are just one part of the overall life safety program at Kemper Lakes. A comprehensive fire and life safety guide is currently being developed, with input from the local fire department, and this guide will be made available to all tenants upon completion.



*Fire/Life Safety Team Members*

## Welcome To Our Newest Tenants

The two newest tenants to join the Kemper Lakes community are Paragon Micro and GTreasury. Both firms took occupancy in 2008, in Building One and Building Three, respectively.

Paragon Micro is a leading provider of top name-brand IT computing products, software and advanced IT services helping companies enable, manage, and secure their IT environment. Networked in major cities around the globe, Paragon serves clients in over 100 countries.

GTreasury is also a global company, providing treasury management and cash management software and services to leading banks and corporations. Using the firm's Gateway software, GTreasury clients move over \$30 billion (USD) per day around the world.



**REMINDER:** Please contact Marty Mulder in the property management office at 847-726-3400 to update your tenant contact information as needed to ensure we have current contacts on record in the event of an emergency, etc. As employee transition occurs, it is important to notify the management office as soon as possible should any of your designated contacts leave your firm. *Thank you.*

## Who's Who at Kemper Lakes?

Cushman & Wakefield is pleased to introduce the two newest members of the on-site property management staff at Kemper Lakes:

### IMPORTANT PHONE NUMBERS:

#### Property Management:

##### Cushman & Wakefield

Management Office  
847-726-3400

After Hour Emergencies  
847-726-3401

#### Leasing:

##### Colliers Bennett & Kahnweiler

Steve Kling  
847-698-8256

Dave Florent  
847-698-8258

#### Kemper Lakes Services:

Child Care Center  
847-726-3410

Fitness Center  
847-726-3465

Kemper Lakes Cafe  
847-726-3469



### John DeSantis Security Director

John joined the Kemper Lakes property management team in November, 2008. In his capacity as Security Director, John's role is to oversee the property's 24/7 security staff. He is also responsible for management of the electronic security system and serves as a lead member of the emergency life safety team at the property.



### Amy LeTourneau Fitness Center Manager

Amy is charged with managing the Kemper Lakes Fitness Center. In addition to staffing the Fitness Center during normal hours of operation, Amy is responsible for scheduling and leading group fitness classes. She is also available to work one-on-one with individuals to help them develop customized health and wellness programs in pursuit of their fitness goals.

### About BPG Properties, Ltd.

BPG Properties, the property owner, is a private equity real estate fund manager with a 25+ year track record of building value in a broad range of real estate on behalf of institutional partners.

Their current portfolio consists of over 20 million square feet of office, retail, student housing and industrial properties and more than 25,000 apartment units in over 100 communities located throughout the United States.