

### U.S. STEEL TOWER

# **Tower Notes**

### Celebrate and Cheer: Oktoberfest is Here!



Join us at BG's Downtown Beer Garden on the Plaza on Wednesday, September 13th, from 4 to 7 pm for an Oktoberfest celebration – complete with games, beer, food, fun and, of course, traditional polka music.

Download the U.S. Steel Tower app and show us the coupon for a free soft pretzel from The Pretzel Shop. That's not the only advantage for app users. All app users will be entered into a drawing for a \$200 gift card to the Hofbrauhaus. Don't have the app? Scan the QR code today!

#### **But it's Not October!**

Fair enough – the majority of the 16 to 18 days of the Oktoberfest take place not in the eponymous October but in September. The occasion for the first Oktoberfest in 1810 was the wedding of the Bavarian Crown Prince Ludwig to Princess Therese of Sachsen-Hildburghausen. On October 12, 1810, the festivities began and they ended on October 17th with a horse race. Since it was so well-received, the festival was repeated in the following years, then extended and brought forward into September. The weather surely played a role in moving the dates, which in Munich at the end of September often provides a pleasant, mild Indian summer – true Oktoberfest weather, in fact!

### New Emergency Preparedness Tool for Tenants

In our ongoing commitment to safety, we are pleased to launch a new training tool for tenants, the Massey Tenant Training System. The new training platform was developed for U.S. Steel Tower to prepare occupants to know how to react to emergency incidents and make the recovery process easier and quicker.

The Tenant Training Portal includes five self-guided, online learning modules, each covering emergency event topics in brief, along with insights and recommended courses of action. Topics include general emergency response/evacuations, fires, natural disasters, human threats and medical emergencies.

We encourage all tenants to have their employees complete this training. If you are interested, please notify your floor warden, who will initiate the process to receive login credentials for you.

We are focusing on this training, which will replace the fall building drill as the Pittsbrugh Office of Emergency Management & Homeland Security and city officials prepare to resume full building drills.

#### Are You on the App?

Don't miss out. The U.S. Steel Tower app makes everything easier at the tower. In addition to offering valuable building information, the app lets you register visitors, submit work orders via Prism, sign up for SteelFit classes, register for building events and more. With a few quick taps, you can purchase discounted Cultural Trust tickets, discounted Pirates tickets, food and so much more.

Getting the app is easy. Just download the app from the App Store (for Apple devices) or Google Play (for Android devices) or scan the QR code.





## Couch to 5K Turkey Trot

Ready for some friendly competition? Sign up for the Couch to 5K Turkey Trot – an indoor 5K on the treadmills at SteelFit. Register by September 30th on the app or at SteelFit and get a 6-week, self-guided training plan that builds you up to running a 5K – specifically on November 14th.

The event is open to all tenants (you don't have to be a Steel-Fit member), and there's no cost to participate when you bring a canned food donation. Sign up now to start training early and get your desired treadmill slot.

# STEELFIT Meal Prep

Join your hosts from SteelFit for a free webinar on Wednesday, September 13th, from 1 to 2 pm. Learn common meal preparation methods and brainstorm how to integrate this habit into your life to meet your wellness goals and practice balanced nutrition. Register on the app.



## September Live Music Calendar

Join us at BG's Downtown Beer Garden Tuesday through Friday from 3 to 7 pm.

Live performances 4 to 6 pm.

September 6 – Juan Vasquez September 7 – Steven Vance September 14 – Eddie Erwin September 20 – Juan Vasquez September 21 – Jonah Hanlon Trio September 27 – Brian Belonzi September 28 – Eddie Erwin

#### Water Cooler Wednesdays

Meet and mingle with your follow tenants every Wednesday from 2 to 3 pm in The Hub (27th floor tenant lounge). Check out this month's themed treats!

September 6 –	Root Beer Floats
September 13 –	Hummus & Pita Chips
September 20 –	National Queso Day
September 27 –	Johnny Appleseed Day

Almost everything will work again if you unplug it for a few minutes, including you.

– Anne Lamott