

GREEN UPDATE

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FINDING THE MOTIVATION

NOSTALGIC WINDOW DISPLAYS

SAVE THE DATE

## Speaking from Experience by Jon Wellman, VP & GM

They say Christmas is for kids. According to my kids' Christmas lists they seem to have bought into this idea. As an adult we appreciate the holiday for how it brings family and friends together and puts our values into perspective.

**That being said, I thought I would share my grown-up wish list this holiday season – in no particular order:**

- 1** ■ I wish for a smooth year with our operations and capital plans for the buildings. We've got several heating and cooling projects underway and are starting the process of LEED EB designation and all the building analysis and upgrades that it entails. If you don't feel things are going smoothly as these projects unfold, I need to hear from you.
- 2** ■ Next wish: now that the civic elections are over I'd like to see City Council get back to running the business of the City instead of focusing on bike lanes, chicken coops and occupy Vancouver as political platforms. We taxpayers and business owners should demand attention to the programs and issues that sustain this city's economic, social and environmental fabric.
- 3** ■ I wish to see more tenant participation in our green initiatives next year. We don't just invite your participation in our various recycling, energy reduction and other initiatives because they're fun, but because as a responsible landlord we need to stay ahead of regulation and control building costs, and your participation is fully relevant to these objectives.
- 4** ■ Another wish I have for next year is to find a better balance with our tenants between conservation and customer service. As your landlord it's our job to provide you the safest, most comfortable work environment, but I sometimes wonder at what cost. We recently undertook an audit of space heaters within tenant spaces and found a whopping 248 amongst our five towers. More shockingly, the audit (which was done by our Janitorial staff) found 27 of these space heaters were left on overnight. Our Energy Manager did a calculation of these space heaters and, in combination with personal fans (520 were found), estimates they are costing us \$50,000 a year in electrical. Not to mention the fire hazard issue with space heaters – especially those that are carelessly left on after hours. We need to fix this issue and address the need or perceived need for space heaters.
- 5** ■ Lastly, my grown-up Christmas list includes a Porsche – why not, every man can have a dream.



Bentall  
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## Bentall Forever Green Tenant Team What's New With Us...



We recently sent out a "Call to Action" to all tenants to join our Forever Green Tenant Team. In January we will be creating our 2012 strategy and would love to hear your ideas about how we can enhance tenant participation in our environmental responsibility goals. Meetings are once a month over lunch (lunch is served). Simply contact [jyeung@bentallkennedy.com](mailto:jyeung@bentallkennedy.com) if you or someone in your office is "green keen" and interested in joining.

**Over the past few months we undertook several sustainability initiatives that you likely saw or participated in:**

- We recognized the food retailers who have gone Styrofoam-free with a "certified styro-free sticker". Look for these stickers prominently displayed at their check outs and applaud their efforts to decrease their contributions to the landfill.
- Our retailers also participated in "Bag-Free Fridays" in an effort to encourage customers to think twice about taking a plastic bag, by simply having retailers ask if they need one.
- In August we hosted our 4th annual Eco-Fair on the outdoor plazas. The Eco-Fair invites green services

and suppliers to showcase the latest in sustainable options for business.

- We distributed the "Online Workspace Tune-up Tool". This interactive program, sponsored by BC Hydro, walked you through the energy conservation opportunities at your desktop and around your office. We even gave away an iPad2 to one lucky tenant who completed it: Margaret Baker, of Blakes, in Bentall Three (see pic).

What's next? Well, in conjunction with each building's Christmas Tenant Appreciation Day, we are sponsoring "Tacky Sweater Day". On Tacky Sweater Day we encourage all building occupants to wear their most outrageous, ugliest or tackiest sweater and we'll award a 1st, 2nd, and 3rd prize in each building. It needn't be a Christmas sweater but let's face it, most tacky sweaters are.

Tacky Sweater Day is intended to get building occupants thinking about dressing according to the season and putting on a sweater instead of turning up the heat or turning to a space heater.



## Tacky Sweater Day!

We're hosting Tacky Sweater Day from 7:30AM – 9:30AM in conjunction with the Christmas Tenant Appreciation event in your lobby:

**Bentall One: December 9th**  
**Bentall Two: December 8th**  
**Bentall Three: December 7th**  
**Bentall Four: December 6th**  
**Bentall Five: December 5th**

Simply come to the Christmas Tenant Appreciation Party, that morning in your lobby to be entered to win. The three tackiest sweaters in each building will win a \$100, \$75 or \$50 gift certificate for The Bay – where you're encouraged to go purchase yourself a new, not so tacky sweater!



# WORD on the street...

We asked a number of Bentall Centre and Bentall 5 tenants: care to share your New Year's resolution?



My 2011 New Year's resolution was to think twice about purchases. I'm not a shopaholic but I do get buyer's remorse sometimes – especially when I didn't really need what I bought. I have to say I was better this year but I could still use some restraint. My weakness is shoes.

– Lisa, Bentall 5

I stopped making New Year's resolutions several years ago as I rarely lived up to them and then just felt guilty. So you could say my resolution is to not make anymore resolutions.

– Chris, Bentall 1

My New Year's resolution is to try really hard not to gossip anymore. I think gossip is the grown up version of bullying and I've seen firsthand how it can really damage a person.

– Teresa, Bentall 4

Like most people I've vowed to get in shape and eat better in 2012 but I'm also going to try to eat more sustainably, trying to purchase mostly local, organic foods.

– Monique, Bentall 3

I'm turning 50 in 2012 so I've decided I'm going to start checking off things on my bucket list. Even if I just do one a year, it should make for a pretty exciting next decade.

– Serge, Bentall 4

## Finding the Motivation

Robin Russell, Manager, Bentall Centre Athletic Club

New Year's is just around the corner and many of you are going to be making the resolution to take better care of yourself in 2012. Knowing what has to be done and actually doing it on a daily basis are two entirely different things. In the past, I have written about the four cornerstones of fitness and health, but one thing I should write about is finding the willpower to execute a healthy living plan. The motivation to make exercise a part of one's daily routine is truly a personal thing because exercise is by nature, an uncomfortable, hot, sweaty effort, that involves an hour (or two) of a very precious commodity, time.

Yet, if one doesn't take the time to exercise daily, then one risks a great deal. According to the Canadian and American Medical Associations, 90% of the health problems we incur while aging are due to lack of regular exercise and they propose that one must engage in 1 hour of activity on a daily basis. The expression "use or lose it" comes to mind. If you don't use your health, then for sure you will lose it. I hope this thought alone motivates many of you readers that are procrastinators to get moving.

The idea that exercise is important has been acknowledged for many years but the way the medical community has communicated the message has been quite soft. In general, I feel that society struggles with the idea of posting the warning: "that lack of regular daily exercise will lead to lack of mobility, illness and perhaps even death" on billboards or commercial television.

For years experts have said that regular exercise is the best way to deal with stress, which is the number one cause of health problems in western society. Smoking and obesity are also huge contributors to illness. Yet there appears to be no question we should warn people of the health problems associated with these issues. Interestingly, the effects of both are muted by regular exercise.

I prefer to motivate by focusing on the positive. The satisfaction I get after completing a workout is something to look forward to each day. The stiffness from sitting at a desk disappears after a workout. Combine that with the feeling



that I get from having done something good for myself, and I am ready to deal with any stress that comes my way.

I like the "Nike slogan- just do it". There will always be days when it is tough, but tear yourself away from whatever you are doing and give your body a treat. Muscles were meant for moving, so get them working and blow away your frustrations. I guarantee you will feel better and your body will love you for it. Remember, it doesn't have to be the same effort every day. If you are feeling lousy, back off a little but still invest the time. The next day you will surely feel better and be able to push a little harder.

Remember "use it or lose it" and do a little something every day. **An hour a day keeps the Doctor away.**

## SAVE THE DATE!

Mark your calendars for the following upcoming events:

*Bentall Christmas tenant appreciation parties*

We'll be in your lobby spreading cheer on the following dates:

**Bentall One:** Friday, December 9th  
from 7:30am – 9:30am

**Bentall Two:** Thursday, December 8th  
from 7:30am – 9:30am

**Bentall Three:** Wednesday, December 7th  
from 7:30am – 9:30am

**Bentall Four:** Tuesday, December 6th  
from 7:30am – 9:30am

**Bentall Five:** Monday, December 5th  
from 7:30am – 9:30am

### Christmas Music

Enjoy the sounds of the season in **Bentall 5 lobby**, December 12th – 23rd  
from 11:45am – 1:15pm.

## Nostalgic Woodward's Christmas Window Displays



Woodward's Department stores were famous for many things including their Christmas, Animated Window Displays. The Woodward's Windows were a Vancouver Christmas tradition since the 1960s, delighting shoppers with holiday scenes and characters from years gone by. Bentall Centre is extremely honoured to be able to showcase three of the actual Woodward's displays in our lobbies of Tower One, Three and Four. Check these out and the other 6 displays throughout the city and be entered to win a \$2000 shopping spree at London Drugs. For information on the contest and window display locations go to:

[www.christmas.canadaplace.ca/Woodwards\\_Windows](http://www.christmas.canadaplace.ca/Woodwards_Windows)

## Bentall Kennedy welcomes Darren Parachoniak



Darren has recently joined the team as our Energy Manager. We sat down with Darren to ask him about his position and his plans for the towers.

**Tell us what your responsibilities are?** One of my primary duties is to work with BC Hydro and Bentall Kennedy to address how we use energy at Bentall Centre & Bentall 5. Over the last couple months I have been mainly assessing facility operations to better understand our consumption patterns.

**Once you've completed your assessments, what's next?** They say you can't manage what you don't measure, and even though we have good information on our historical consumption of energy through utility bills, that information includes all energy using devices in a given area and only reports usage on a monthly interval. To truly understand where to find efficiencies we need to get more granular in our measures. Over the next several months we will be looking at systems where we suspect energy use is high and monitor these through sub-metering and time of use data loggers that use much tighter intervals. Our primary objective is to obtain a load profile of major sub-systems. The information from this will then direct us in step one of our path to eliminate obvious energy waste.

**What can tenants be doing to help with energy conservation?** Efficient energy use is more than just installing new energy efficient technologies. It's also about individual responsibility. Things like turning off the lights when not in use, keeping blinds closed on warm and cold days, not letting water taps run on, etc. These things go a long way to ensuring efficient use of our energy. We need your help with the simple things that tend to add up to a lot. At the same time, I will be addressing some of the larger projects. Together we can have a positive impact on our environment as well as saving energy costs.

### TOP TEN WORST CHRISTMAS GIFTS

We polled our office and came up with the Top Ten worst Christmas gifts. In case you had any these items on your gift giving list – you're welcome.

- 10 – Chia Pet
- 9 – Self help books
- 8 – Anything from "...of the month club"
- 7 – Holiday sweaters
- 6 – A one month gym membership
- 5 – Nose hair clippers
- 4 – Fruitcake
- 3 – A vacuum
- 2 – Any gadget that is advertised "as seen on TV"
- 1 – A picture of yourself