

GREEN UPDATE

WHAT'S YOUR COMMITMENT?

WORD ON THE STREET

COMPREHENSIVE HEALTH CARE

SAVE THE DATE

RETAIL UPDATE

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

We've heard it a thousand times before; we live in a major earthquake zone and we need to be ready for when "the big one" hits. Accordingly, I want to assure you that we have emergency, logistical and contingency plans in place if we are ever struck by a major earthquake here at the towers. ■ As the VP & GM of Bentall Centre and Bentall 5, I urge you to participate in our evacuation drills and emergency preparedness seminars this month, and to consider your own corporate disaster and continuity plans. I also urge you to make sure you're equipped and organized at home in order to provide your family with the best chance to survive a catastrophic event such as we've witnessed in Japan, Pakistan and Haiti recently. Ironically, even though I felt fully prepared here at the towers, I realized I wasn't nearly as prepared at home. ■ So I've done my research, packed my earthquake kit and now want to share a couple of sites with you, to ensure you too are ready at home. These sites cover how to prepare, how to react and what you should have in your earthquake kit: [www.pep.bc.ca/hazard\\_preparedness/prepare\\_now/prepare.html](http://www.pep.bc.ca/hazard_preparedness/prepare_now/prepare.html) / [www.vancouver.ca/emerg/prepyourself/supplykit.htm](http://www.vancouver.ca/emerg/prepyourself/supplykit.htm) ■ Please take our Life Safety Month seriously. Check out [www.bentallcentre.com](http://www.bentallcentre.com) for detailed information about sessions. Your best chance for survival is knowledge, preparation and practice.



Jon Wellman, VP & GM

Now for a few completely unrelated items...

- **Go Canucks Go!**
- **Get out and vote.** Witnessing the political uprising in Northern Africa and the Middle East really puts it into perspective how fortunate we are to live in a democratic society. According to Elections Canada, only about 60% of registered voters showed up at the polls in 2008, but only 72% of the population is registered. Meaning that only 42% of the general population is voting. It's your right and your country so I urge you go vote.
- **Lastly, you've likely heard the news stories about rising BC Hydro rates.** The question is not if, but when and how high? Over the last several years we've been encouraging a culture of conservation here at the towers. Your consideration and participation is vital for us to help control these rising costs. Whether you're at home or at work, it all comes off of the same grid, so conserving at work helps not just rising commercial costs but the impact on your residential bill as well. You know the drill: turn off lights, turn off computers and monitors, and close your blinds to help control solar heat gain on those hot summer days.

**Until next time...** see you at the polls, see you on the bandwagon, and see you outside after our building evacuation drills!



Bentall  
Kennedy

Bentall Centre Security 604.661.5068  
Bentall 5 Security 604.891.5631  
CliKFiX 1.866.254.5349

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



Summer is just around the corner and we've been very active these last few months, putting together the online commitment challenge, reusable coffee mug contest as well as thinking of new green initiatives for tenants to participate in. ■ The online commitment challenge encouraged tenants to follow through with their own promise to conserve energy and reduce waste. Special thanks to the retailers who participated in the disposable coffee cup reduction campaign. It was great to see so many people walking around with their travel mugs instead of disposable cups.

**We also have several exciting, new initiatives lined up over the next few months. Look for the following:**

- **Plastic Bag Reduction** – Every year some 45,000 tons of plastic waste are dumped into the world's oceans which puts marine mammals in danger. Use a cloth or reusable bag instead.
- **Reusable Lunch Container Campaign** – Trade in Styrofoam for reusable containers. The green team challenges you to take your Tupperware downstairs for your takeaway lunch instead of taking away a Styrofoam container.
- **Close the Blinds Challenge** – Toasty sunlight through windows is great during the winter, but in the summer? Not so much. Help control solar heat gain and reduce the load on the A/C system by closing your blinds before you leave the office at the end of the day.
- **Eco Fair** – The 4th annual Eco Fair will be back this summer. The event involves Services and Suppliers who showcase the latest in environmental sustainability. There will be lots of great things to see, so don't miss out on this event!



## What's your commitment?

If you didn't get a chance to participate in our online commitment contest, it's never too late to make a commitment to go green. Here are a few ideas:

- I will turn off my task light when I leave my desk
- I will unplug my charger when it's not being used
- I will turn off my monitor when I leave my desk for more than 15 minutes
- I will use reusable bags, mugs and containers instead of disposables
- I will wear a sweater instead of using a space heater



# WORD on the street...

We asked a number of Bentall tenants: do you have a story about a summer camping trip or family vacation gone awry?



A couple of years ago I went to Merritt Mountain Music Festival and hay-fever struck me for the first time. Sadly, I barely remember the music, all I remember was the three days I spent, camped in a field with red, itchy eyes and a constant dripping nose.

– Sid, Bentall 5

My wife and I have different interpretations of "camping". She loves the outdoors and sleeping under the stars; whereas I'm not really comfortable in anything less than a 4-star hotel. I used to go along with her version of camping until I couldn't stand the leaking tent and mosquitoes any longer. So to save our marriage we compromise; she takes our kids camping for a week without me every summer and we go to a 5 star all-inclusive in Mexico for a week every winter.

– Derek, Bentall Four

Oh no, this is an embarrassing one. Three summers ago I went on a camping trip with a few friends. I drank too much tequila and stumbled into the campfire. I now have a huge scar on my bum. Needless to say, Jose Cuervo and I are no longer friends.

– Justine, Bentall Two

My worst family vacation was when we went to Cuba for two weeks. The first few days were great but then my younger brother played a prank on me and filled my water bottle with their local water. Well... you can probably guess the effect it had on me and the next few days of my vacation.

– Sarah, Bentall Two

## Comprehensive Health Care Now Available at BCAC

The staff at the Bentall Centre Athletic Club and Ultima Medical Clinic recently teamed up to provide health care screening and risk assessment for a group of employees at Bentall Kennedy, one of the larger tenants within the Bentall Centre. The firm wished to develop a program of health and wellness that included helping employees identify any potential or impending health problems and then encouraging these employees to follow through with appropriate treatment. The screening was done right in the Bentall boardroom and took about 20 minutes per employee. Measures included: body fat percentage, body mass index, basal metabolism, blood sugar, grip strength, flexibility, postural and skeletal analysis, blood pressure and resting pulse rate along with a lifestyle assessment questionnaire. Results were produced within an hour and then presented back to participants along with a seminar to instruct them on how to create a personal health care program. ■ Did you know that over 80% of health issues in North America are due to lack of regular daily exercise and proper nutrition? To address this trend, we at the Bentall Centre Athletic Club have brought together a dedicated team of health care professionals to provide resident corporations within the Bentall Centre the tools to initiate a wellness program within their workplace. By utilizing our resources here at the club we can help corporations encourage their employees to assess their physical needs, and then help them design a personal health plan that incorporates regular daily exercise and eating properly. Healthy employees are happy employees. They take less time off from work, stay with the company longer and are generally more productive in the workplace. Therefore, corporations that implement wellness programs for their employees are also winners. We congratulate Bentall Kennedy for initiating a real corporate health care program. ■ Our team of health care professionals is available for lunch & learn sessions, in house consultations and assessments. If your corporation is ready to implement a wellness week, month or plan, please give the club a



call to help you put it together: 604-689-4424, ask for the Manager. Or, if you are interested in your own fitness plan, drop by anytime for a tour of the Bentall Centre Athletic Club in the basement of Bentall Four.

## RETAIL UPDATE



- **Welcome new tenant:** SureSlim Wellness Clinic (across from Pharmasave)
- **Bento Sushi** (formerly Shogun) is under new ownership. They are serving brown rice sushi!
- **Fortune Express** – owners Pauline & Don are retiring after 25 years at the Bentall Centre. New ownership was effective April 1st.
- **Grainery** – owners Terry & Carl are taking a break after 15 years at the Bentall Centre. New ownership was effective April 8th.

### In other retail news:

We are now providing composting services for food retailers at Bentall Centre and Bentall 5. This initiative will divert tons of food scraps and kitchen waste that was formerly going to the landfill.

We would like to recognize Fresh Counter and Catering and Bento Sushi who have switched from using Styrofoam takeout containers to a new sugar cane alternative!

## SAVE THE DATE!

Mark your calendars for the following upcoming events:

*Bentall Centre's outdoor concert series*

All concerts are held from noon – 2pm on the plaza in front of Bentall Four:

**July 6th:** Gabriel Jazz (Smooth Jazz)

**July 20th:** Mostly Marley (Reggae)

**July 27th:** Kenny Blues Boss Wayne (Blues & Boogie)

**August 3rd:** Tropical Heat (Calypso)

**August 10th:** California Calling (Beach Boys tribute)

**August 17th:** ABBA Cadabra (ABBA show)

**August 24th:** Bobcats (Beatles tribute)

**August 31st:** Seven Bridges Road (Eagles tribute)

### SUMMER TENANT APPRECIATION PARTIES

This year's theme is Bentall Stampede, so dust off your saddle and your horse ridin' boots and get your ticket to attend from your Office Administrator.

**July 12th:** Bentall 5, location: Bentall 5 exterior plaza

**July 13th:** Bentall Four & One, location: Bentall Four exterior plaza

**July 14th:** Bentall Two & Three, location: Bentall Two exterior plaza

## May is Life Safety Month

Life Safety Month provides tenants the opportunity to participate in free training sessions, hosted by qualified Life Safety experts, designed for both workplace and at home safety. Check out [www.bentallcentre.com](http://www.bentallcentre.com) for more detailed information about the sessions or to register contact ClikFIX at: **1-866-ClikFIX (254-5349)**

**Earthquake preparedness:** May 11th & 12th, 9:30 am & 2:30 pm – one hour sessions (location: Bentall Centre Athletic Club)

**Personal Safety:** May 17th 8:30 – 9:30 am, May 18th 10:00 – 11:00 am (location: Charles Room, Suite 1165, Bentall Two, 555 Burrard St.)

**Bomb Threat & Suspicious Package training:** May 18th 8:30 – 9:30 am (location: Charles Room, Suite 1165, Bentall Two, 555 Burrard St.)

**Women's Self Defense:** May 5th & 25th, 10:00 am & 3:00 pm – one hour sessions (location: Bentall Centre Athletic Club)

**Emergency Warden Training:** May 5th & 19th 9:30 – 11:30 am, May 3rd & 10th 2:00 pm – 4:00 pm (location: Charles Room, Suite 1165, Bentall Two, 555 Burrard St.)

**First Aid:** May 11th & 12th, 8:15 am, 9:25 am, 10:35 am, 2:05 pm & 3:15 pm – one hour sessions (location: Bentall Centre Athletic Club)

**Identity Theft & Fraud:** May 17th 10:30 – 11:30 am (location: Charles Room, Suite 1165, Bentall Two, 555 Burrard St.)

**10 Fatal Factors (Disaster Management):** May 11th 8:30 am & 10:30 am, May 12th 8:30 am, 10:30 pm, 12:30 pm & 2:30 pm – one hour sessions (location: Charles Room, Suite 1165, Bentall Two, 555 Burrard St.)

**CPR:** May 11th & 12th 8:15 am, 9:25 am, 10:35 am, 2:05 pm & 3:15 pm – one hour sessions (location: Bentall Centre Athletic Club)

May is also the month for full building evacuation drills. Know what to expect and the stairwell evacuation route from your office. Practice evacuating – your life's worth it! Drills will be held on the following dates:

**Bentall One** – Tuesday, May 24th

**Bentall Two** – Friday, May 27th

**Bentall Three** – Wednesday, May 25th

**Bentall Four** – Thursday, May 26th

**Bentall 5** – Tuesday, May 31st