

GREEN UPDATE

HEALTH & WELLNESS

WORD ON THE STREET

SAVE THE DATE

RETAIL UPDATE

LIFE SAFETY MONTH

Speaking from Experience by Jon Wellman, VP & GM

I took a tumble down some stairs last fall. This tumble dislocated my shoulder, and as anyone who has experienced this before knows – it hurt like heck. Fortunately the paramedics arrived quickly to relocate it, but unfortunately I sustained some nerve damage in the process. ■ So for the last 5 months, I've had limited mobility of my right arm and hand. Many of you have seen me around the Centre with my arm-sling these past few months. Well I have some good news to report: it's coming back slowly, I have far more range of movement and control than I did when it first happened, and the doctors say within another year I should experience a full recovery. But man, what an impact this has had on my life. You know what they say, you don't know how lucky you are until you lose it. ■ I share this story because Bentall is now a proud partner of the Canadian Paralympic Team and as someone who's experienced a minor disability lately, I'm in complete and utter awe not just of the athletic ability of these Paralympic athletes but of their spirit and determination as well. I've always thought of myself as pretty optimistic, a glass half full, keep your chin up kinda' guy; but my minor disabling experience has been emotionally crushing as I sit on the sidelines and watch my friends who are gearing up for the golf and tennis season. I couldn't imagine what it would be like to live with a major physical disability. These Paralympic athletes are incredible; they've not only overcome the emotional trauma that likely onset at the time they sustained their injury, but they've managed to get involved in a sport and become the best in the world at it. So I really encourage you to take some time to watch the Paralympics in addition to the able-bodied Olympics next winter.



Bentall

Bentall Centre Security 604.661.5068
Bentall 5 Security 604.891.5631
ClikFIX 1.866.254.5348

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

The Bentall Centre Forever Green Tenant Team has been very active these last few months. In February we handed out Tenant Toolkits – designed to provide tenants with a resource for developing their own green program. The toolkits are full of facts and figures outlining how going green can have a positive impact on your business. If your office didn't receive a toolkit, please contact us at gogreen@bentall.com and one of our Tenant Team representatives would be happy to bring you one. ■ Also on the Tenant Team's agenda recently: The Great Monitor Shutdown Challenge in March and Bag-Free Fridays in April and May. Bag-Free Fridays is an initiative designed to reduce plastic bags at the Centre. All retailers have begun asking their customers if they require a bag with their purchase. This simple question could drastically reduce the number of plastic bags that end up in our landfills. ■ Taking it one step further, we've worked with Bentall to install a couple of plastic bag recycling depots onsite. One is located in the Tower One shipping area (through the doors across from Subway) and the second is in the Bentall 5 shipping area. Please make sure your plastic bags are clean and bundled together in one bag.



The Great Monitor Shutdown Challenge of 2009

Congratulations to everyone who participated in the Great Monitor Shutdown Challenge. We were overwhelmed by the enthusiasm and level of participation amongst tenants. Here are the winners:

- Absolute Software Corp.
- Ainsworth Lumber Co. Ltd.*
- Bentall LP*
- Boughton Law Corp.
- British Columbia Transmission Corporation
- Canadian Tourism Commission
- Certified Management Accountants Society (BC)
- Cisco Systems Inc.*
- CITIBank
- Deloitte
- Ian Martin*
- Institute of Chartered Accountants Canada (ICAC)*
- Lombard Canada Inc.
- Marsh Canada Limited
- Oracle Corp.
- Owen Bird Law Corp.
- Quadra Mining Ltd.
- SynchroSERV Inc.
- Wesgroup Properties*

The tenants noted with a star deserve extra special mention as they had ZERO monitors left on the night of their inspection. ■ Thanks again to everyone who participated, we hope you'll keep up the habit as your efforts really do make a difference – did you know that if every occupant in the Bentall Centre and Bentall 5 turned off their monitors nightly we'd save enough electricity to light 1960 homes for an entire year!!!



Taylor Coulthard, of Joeys Restaurants, is dating Mother Nature

At least that's what his co-workers say about him. You see Taylor is one of those guys who goes around turning off lights after people and reminding them to be responsible with water consumption and recycling. He also sits on an Enviro Team at Joeys Restaurants. The team is comprised of head office members as well as chefs, bartenders and servers from the restaurants. Meeting monthly, the team is committed to looking at areas of opportunity to impact their business and the environment. Initiatives that the Enviro Team have taken on include: replacing Styrofoam take-out containers with 100% recycled material packaging, testing biodegradable wooden take-out cutlery, implementing organic waste pick up, sourcing local seasonal herbs and vegetables from Bell-man's Farms and much more. Initiatives such as these have resulted in the company impacting future restaurant designs and modifying existing structures to be more energy efficient, improving daily operating habits and most importantly reducing their carbon footprint. *Thanks Joeys, and thanks Taylor, for taking a lead on sustainability in the restaurant business!*

WORD on the street...

We asked a number of Bentall Centre tenants, "Who do you think should carry the final torch and light the flame at the opening ceremonies of the 2010 games?"

Wayne Gretzky – he is the greatest Canadian athlete who ever played the most Canadian of sports. But I don't think he would do it if asked.

– Mary, Bentall Four



Rick Hanson – he epitomizes athleticism and giving back to the community.

– Warren, Bentall Three

Sydney Crosby – he's the most recognizable Canadian athlete today and what every Canadian kid wants to become.

– Joan, Bentall One

Nancy Green – she's a winter Olympian who's done a great deal for sport in BC.

– Joanne, Bentall Three

Betty Fox (Terry Fox's mom) – no other Canadian has left such a lasting legacy as Terry Fox. People participate in the Terry Fox run not just in Canada but around the world.



– Laura, Bentall Two

Rick Hanson – he's both an inspirational athlete and local boy.

– Chris, Bentall Three

Getting Older and Heavier...Help!

The other day one of our Bentall Centre Athletic Club female members walked into my office and began complaining about weight gain this past winter. ■ She had put on 6 pounds and was feeling upset and frustrated by this gain. At first I chuckled and said she really had nothing to worry about and that she looked great. Then I thought about it for a second. You see, she is tiny, probably 5 foot nothing (and about a 105 pounds) so for her, 6 pounds was a 6 percent weight gain. She'd also had a milestone birthday, she'd turned 40 recently, and the weight gain was adding to the stress she was feeling about getting older. The funny thing was that earlier in the month I had had a similar conversation with a male member. ■ You see as we age our bodies slow down. What I mean by that is that our metabolism slows as we age; and it slows at a greater rate with each decade. For example from 20 -30 our metabolism slows by approximately 5 percent. From 30 to 40 about 7-9 percent, from 40 -50, 11-13 percent and after the age of 50, well you get the idea; it jumps up again when we hit 60 and above. ■ What this means is that, as a result of our slowing metabolisms, if we do not change how or what we eat as we age, and we do not exercise on a regular basis, then our bodies begin to store these extra calories in the form of fat. The thing is... 6 pounds of fat doesn't look all that great does it. Think of 6 pounds of butter or a big tub of margarine, put it under your skin and yikes, it wouldn't feel good either. ■ So what did I tell my members? First of all I told them that they were in the right place. I told them the gym is exactly what they needed; and that they needed to be here on a daily basis. ■ They need to perform a variety of exercises, 7 days a week, at least an hour a day. And by the way, that is exactly what the Canadian Medical Association recommends. To keep it interesting, try Spinning Classes, Bootcamp, Yoga, or whatever suits your fancy. The key is a combination of Cardio, Strength and Flexibility training in conjunction with sound basic nutrition; this will keep your metabolism



running at a higher rate and help slow the onset of aging and weight gain. ■ So frankly, there is no good reason not to exercise and eat right. Remember, it's your health so use it or lose it. For more information or to book a consult, come in and see me in person, Robin Russell, General Manager, Bentall Centre Athletic Club or drop me a line at rrussell@bentall.com or 604-689-4424

RETAIL UPDATE



You've likely noticed Grand & Toy has undergone a major renovation over the past couple of months. Aside from just looking great, the new store also has some new features:

- An inkjet recycling depot and inkjet refilling machine
- A full service graphic design, printing and copying centre (they can custom logo all your corporate goods)
- An in-store networking expert; if you don't have an IT department, you can outsource it to G&T
- A new partnership with DHL couriers for your packaging and shipping needs
- Office design expertise with their furniture specialists

SAVE THE DATE!

Mark your calendars for the following upcoming events:

Bentall's summer music series

Get outdoors and enjoy some live music this summer. Concerts will be held the following Wednesdays on the Plaza in front of Bentall Two:

July 8th
July 22nd
July 29th
August 5th
August 12th
August 19th
August 26th

summer tenant appreciation parties

July 13th for Bentall 5
July 14th for Towers One and Four
July 15th for Towers Two and Three

May Is Life Safety Month

According to the National Fire Code, all offices must have a minimum of two people trained in emergency procedures. These Emergency Wardens are required to help coordinate evacuations of their respective areas in the event of an emergency. Please do your part and sign up for one of these free Warden Training seminars by contacting ClkFix at: service@clikfix.com or 1-866-254-5349:

May 5th & 12th: 9:30-11:00am
May 7th & 14th: 1:30-3:00pm

Additional, free of charge seminars are also being hosted on various dates, times and locations throughout the month of May for Bentall Centre and Bentall 5 tenants. Please register early to ensure your spot by contacting ClkFix at: service@clikfix.com or 1-866-254-5349:

Personal & Workplace Safety: May 14th & 15th @ 9:30-11:00am (location: Charles Room, Bentall Two, Suite 1165, 555 Burrard)

CPR: May 13th & 14th @ 8:15am, 9:25am, 10:35am, 2:05pm, 3:15pm (location: Bentall Centre Athletic Club)

First Aid: May 13th & 14th @ 8:15am, 9:25am, 10:35am, 2:05pm, 3:15pm (location: Bentall Centre Athletic Club)

Earthquake Preparedness: May 13th & 14th @ 9:30-10:30am & 2:30-3:30pm (location: Bentall Centre Athletic Club)

Women's Self Defense: May 6th & 21st @ 10:00-11:00am & 3:00-4:00pm (location: Bentall Centre Athletic Club)

10 Fatal Factors (Disaster Management): May 19th & 20th @ 8:30-10:00am & 10:30-noon & May 21st @ 12:30-2:00pm & 2:30-4:00pm (location: Charles Room, Bentall Two, Suite 1165, 555 Burrard).

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:

May 20th Bentall 5 • May 21st Tower One • May 26th Tower Two
May 27th Tower Three • May 28th Tower Four