

GREEN UPDATE

HEALTH & WELLNESS

HANDS-UP CANADA

SAVE THE DATE

MAY SAFETY MONTH

Speaking from Experience by Jon Wellman, VP & GM

I like to win. Now I know that's not the most proper and polite, Canadian thing to say, but let's face it... winning feels better than losing. I think there's a competitive spirit in all of us and the Olympics certainly brought it out in me, and in many other Canadians, in full force. Didn't it feel great to be able to celebrate so many victories instead of delivering the "oh well, better luck next time" speech. My kids are at the age where they don't keep score in baseball because they don't want there to be a winner and a loser. Frankly, I'm not so sure about that approach. I think competition is a powerful motivator. ■ On that note, we've recently submitted the Bentall Centre for an Earth Award at the upcoming Building Owners and Managers (BOMA) annual awards event, and I'm in to win! I think we've got a pretty good shot; we've made enormous strides at the Bentall Centre over the last few years towards improving our building's efficiencies while decreasing our impact on the environment and keeping our building's operating costs under control. You can find specific details about what we've done on our website: www.bentallcentre.com. ■ And in other competition news, during April we hosted the Great Monitor Shutdown Challenge. This month long event put tenants in a head to head challenge to encourage everyone to turn off their monitors nightly. It's a simple act that encourages building occupants to consider how their behaviour can contribute to our energy reduction targets. And we hope it will lead you to consider further opportunities for energy reduction in the workplace, like unplugging cell phone chargers, turning off task lights when not necessary, turning off lights in meeting rooms when unoccupied, unplugging appliances when not in use, installing a smart power strip, setting the power save modes on your computer. You can check out the full list, 108 Ways to Reduce your Use, on our website: <http://www.bentallcentre.com/Forever-Green/Tools-And-Tips-Resources>



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...



We've been very active these last few months, putting together the Monitor Shutdown Challenge and investigating new environmental opportunities for tenants. One of these opportunities that we're really excited to present is the partnership with Growing City organic waste recycling. A lot of tenants have expressed an interest in kitchen composting but to date we hadn't found the perfect solution. Now we have... Growing City. They provide the bin, the maintenance and the removal service. Growing City has several drop off locations for the compostable material, throughout the lower mainland, so we can be assured the materials are going to good gardening use!

To learn more about office composting with Growing City and the volume discount we've negotiated exclusively for Bentall Centre tenants, contact us at: gogreen@bentall.com

FOREVERGREEN
Responsible Property Management

Bentall
Our foundation is
SERVICE

SPRING CLEANING

Is your office in the midst of a Spring cleaning and needing to get rid of a bunch of unused or unwanted stuff? Or perhaps you've added a few new employees, and rather than go out and buy all new stuff, it would be easier on your budget if you could outfit them with gently used furniture and supplies.

Have you checked out the www.bentallreuses.com site? The site works just like Craigslist for selling or giving away your used furniture and office equipment. A junk removal company will be expensive and you don't want to be filling up the landfill, hence www.bentallreuses.com is the perfect solution. There's always someone looking for exactly what you don't need anymore.



What is Organics Recycling?

Organics recycling, or composting is the purposeful decomposition of organic matter into a soil product. Organic waste that is not composted ends up in the landfill where it takes up valuable space and produces harmful greenhouse gases. Organic materials left to decompose in a landfill breakdown anaerobically (without oxygen) which causes them to produce large amounts of methane. Methane is a green house gas that is a leading contributor to global warming. The act of composting is extremely important to a community not only because it reduces overall waste volume but also because it re-introduces vital nutrients into the land.

Bentall Centre is pleased to have partnered with Growing City to offer interested tenants an in-office solution.



HANDS-UP CANADA

Bentall was proud to be an Official Program Partner of the 2010 Canadian Paralympic Athletes. And in support of our athletes, we are delighted to announce that the Bentall Centre raised \$8,478.72. Our thanks to all tenants of the Centre who helped us reach this figure through the purchase of commemorative pins or direct donations. We couldn't have done it without your amazing support!

If you were inspired by the Canadian Paralympic Athletes and want to learn more; or if you or someone you know has a disability and wants to investigate sporting options, visit www.feeltherush.ca to find a local sporting organization where you can get involved.

thank you

SAVE THE DATE!

Mark your calendars for the following upcoming events:

bentall summer music series

Get outdoors and enjoy some live music this summer. Concerts will be on Wednesdays in front of Bentall Four from noon - 2pm on: July 14, 21, 28 and August 4, 11, 18 & 25

bentall summer tenant appreciation parties

Our summer tenant appreciation parties are legendary! Mark your calendars for the following dates and get your ticket from your Office Administrator:

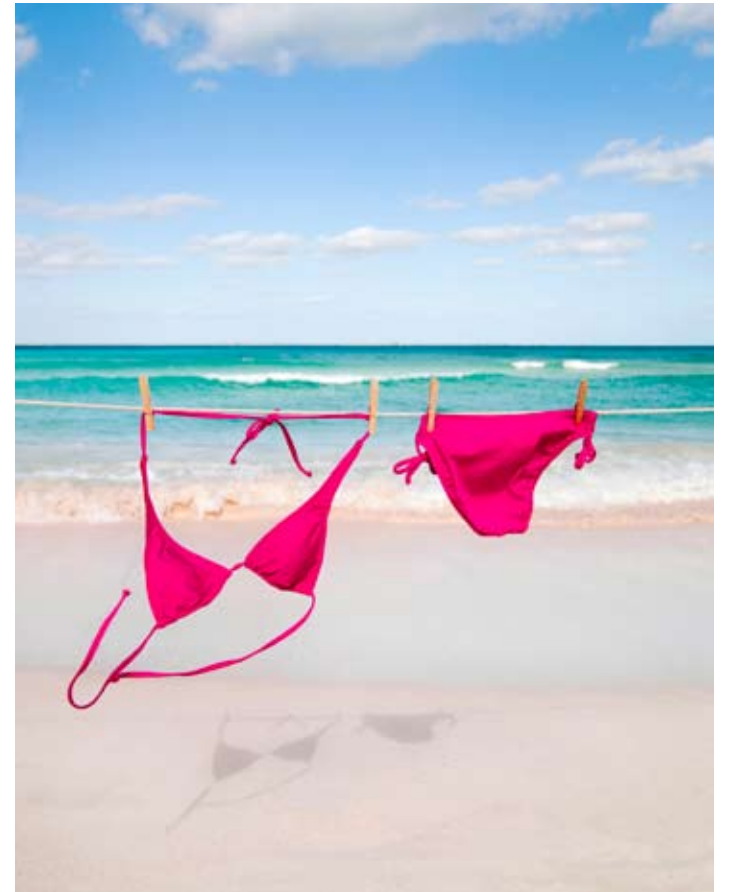
- Tenants of Bentall 5: Tuesday, July 20th on the plaza in front of Bentall 5 from noon – 2:00pm
- Tenants of Bentall 1 & 4: Wednesday, July 21st on the plaza in front of Bentall 4 from noon – 2:00pm
- Tenants of Bentall 2 & 3: Thursday, July 22nd on the plaza in front of Bentall 2 from noon – 2:00pm

So Tell Me - What Does it Take?

Every spring I get questions from women members about what they should do to get ready for summer and swimsuit season. It appears from speaking to female members, my wife and her friends that many of them are good at short term goals but a long term commitment to health and wellness is much harder. ■ Sometimes they've been motivated by a vision in the mirror or in a photograph where they appeared differently from how they saw themselves. They have an epiphany, then react in horror and proceed to do something drastic... find a diet and starve themselves... or work out like mad in an effort combat that vision. Both of these may work in the short term but they are impossible to sustain, the wheels fall off and the pounds creep back on. ■ This is also a totally unhealthy way to live. The diet may cause your body to go into starvation mode and you will lose muscle mass instead of fat. Indeed you may weigh less and you might look good in clothes, but as soon as they come off, you are soft and still flabby. ■ Those that go the intense exercise route usually result in some kind of injury because the body is not used to it. Then they end up quitting before achieving real results. ■ It is far better to have a subtle goal, as in: I am going to get to the gym every day. I am going to perform cardio exercise that is in range of 30-45 minutes to burn fat and keep my heart and lungs strong, followed by a quick circuit of weights to retain muscle mass and keep my body firm, and I'm going to finish with a stretch to keep my body supple. ■ Nutrition is also a concern and fad diets can work short term but are seldom healthy in the long term. Eat a few less calories a day but eat a balanced diet with plenty of fruit, vegetables and lean protein. Watch fat consumption but know that a certain amount of fat is good for you. Watch out for sugars – if not used immediately they are stored as fat. You just don't need them after the active part of the day; so don't eat white at night. You may have heard this before as a component of the Bernstein diet. ■ If you can drop 200-300 calories a day from what you usually take in and step up the exercise; alternating days of cardio and stretch; with days

of cardio, circuit and stretch; one hour a day, 7 days a week, believe me you will get where you want to go and you will stay there. You see it is simply a numbers game... nutrition in versus utilization of those calories that you have eaten. ■ It is all about getting back to basics...there is no quick fix, and the math is simple, less in, and more expended. Then what we've achieved is not only the external benefits of looking good plus the internal benefits of feeling good, but a more complete lifestyle commitment for long term satisfaction and happiness which is far more important to one's personal wellness program.

Robin Russell, General Manager, Bentall Centre Athletic Club



May is Life Safety Month

Life Safety Month gives tenants the opportunity to participate in a number of training sessions provided by Bentall through qualified experts in each field. All seminars during this month are free of charge to Bentall Centre tenants. To register, simply contact our Service Centre at: 1-866-ClikFIX (254-5349).

Emergency Warden Training: Per the National Fire Code, all offices are required to have a minimum of two people trained in emergency evacuation procedures: May 4th & 6th: 9:30-11:30am & May 11th & 13th: 1:30-3:30pm, Charles Room, Suite 1165, Bentall Two, 555 Burrard St.

Personal Safety: Do you know what to do if you sense that you are being followed by a suspicious person? Learn from the experts: May 26th: 8:30 – 9:30am & May 27th: 10:00 – 11:00am, Charles Room, Suite 1165, Bentall Two, 555 Burrard St.

CPR: These 1 hour sessions will provide you with the knowledge to respond to heart failure: May 12th & 13th @ 8:15am, 9:25am, 10:35am, 2:05pm & 3:15pm, Bentall Centre Athletic Club

First Aid: Learn how to respond to many common first aid situations during these 1 hour sessions: May 12th & 13th @ 8:15am, 9:25am, 10:35am, 2:05pm & 3:15pm, Bentall Centre Athletic Club

Earthquake Preparedness: Learn what to do during the shaking and in the aftermath: May 12th & 13th: 9:30-10:30am & 2:30-3:30pm, Bentall Centre Athletic Club

Women's Self Defense: Learn what to do, and what not to do, to defend yourself in an attack: May 5th & 18th: 10:00-11:00am & 3:00-4:00pm, Bentall Centre Athletic Club

10 Fatal Factors: Learn what the 10 Fatal Factors of managing a disaster are and what you can do to prepare yourself in these 1 hour sessions: May 5th @ 8:30 & 10:30am, Bentall 5 meeting room, Bentall 5 main floor; May 6th @ 12:30 & 2:30pm, Charles Room, Bentall Two, Suite 1165, 555 Burrard; May 12th @ 8:30 & 10:30am, Charles Room, Bentall Two, Suite 1165, 555 Burrard

Bomb Threats & Suspicious Packages: Learn what to look for and how to respond: May 26th 10:00 – 11:00am, Charles Room, Bentall Two, Suite 1165, 555 Burrard

Identity Theft & Fraud, Information Session: This is the fastest growing type of criminal activity. Learn how not to be a victim: May 27th: 8:30 – 9:30am, Charles Room, Bentall Two, Suite 1165, 555 Burrard

We will also be undertaking 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 – May 20th
Bentall Two – May 19th
Bentall Three – May 26th

Bentall Four – May 27th
Bentall 5 – May 25th

