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LOOKING FORWARD

Children's Cottage... Charity of Choice for 2014

Children's Cottage Society (CCS) continues to be our Charity of Choice for 2014. When your suggestions helped us to select this charity at the beginning of 2013, we set a goal of raising \$10,000 for Children's Cottage.

We are happy to tell you that we reached this target through proceeds from our Wine and Beer Tasting Event, our Stampede Events, and through their Clothing and Food Drive. We have set a goal for the same amount for 2014. You can donate clothing and food items all year long either by dropping them off at CCS locations or by contacting Tenant Relations Manager Simona Berneanu at sberneanu@bentallkennedy.com or at 403-303-2426.

[Click here](#) to view our current check list.

Consider the Materials Exchange Program

Do you have items you no longer need that are reusable – like office electronic equipment and furniture?

If so, please provide detailed information on the item(s) along with your contact information to Tenant Relations Manager Simona Berneanu at sberneanu@bentallkennedy.com.

The item(s) will be posted on all of our downtown office building websites for a period of three months.

A FRESH START FOR THE CHILDREN'S COTTAGE SOCIETY

The past year has proven to be a trying one for the Children's Cottage Society. Like many individuals and organizations in Calgary, the Children's Cottage Society Bridgeland Crisis Nursery was left reeling from the effects of the flood that devastated Calgary and its surrounding areas. For the first time in its 27 year history, the Children's Cottage Society was forced to close its doors, evacuate staff and children and wait for the unknown.

Without the support of volunteers and organizations such as Bentall Kennedy, we would not have been able to open the doors of our Bridgeland Crisis Nursery a mere week after the water receded. On behalf of the children and their families who use our services every day we are eternally grateful to all those that assisted. It has been said before, but the volunteerism and community support displayed by Calgarians was unparalleled and we applaud each and every one of you for your participation and help.

In 2014 the Children's Cottage Society makes a fresh start. As the renovations in the basement of the Bridgeland Crisis Nursery near completion we can reflect on what the past six months have brought us. We have gained new supporters and friends as well as a new perspective on the importance of the work we do to prevent harm and neglect to all children and build strong families through support services, respite programs and crisis nurseries.

We are delighted to have been chosen as Bentall Kennedy's Charity of Choice in 2014. We look forward to working with you and your team to bring awareness to the Children's Cottage Society and to continue the friendship and partnership that began in 2013 and continues to flourish.

Here's to a fresh start in 2014 and to all the great things we as a community can achieve when we partner together.

Marisol Narvaez
*Manager, Development & Communications
Children's Cottage Society*



[Click here to view the
Children's Cottage Society
2012/2013 Annual Report](#)



We are making dreams come true... one recycled pop can at a time

Our building Pop Can Recycling Program helps the environment while also enabling us to support the important work of The Children's Wish Foundation of Canada. The Foundation grants the most heartfelt wishes of children living with a life threatening illness. Since its inception in 1984, it has granted over 20,000 wishes across Canada and now has a wish waiting list of around 1800 children.

Through our building Pop Can Recycling Program, we have raised nearly \$34,000 dollars for this charity as of December 2013 and have been able to fulfill the wishes of three children. We look forward to continuing this program in 2014 and to your continued participation. [Click here](#) to learn more about the Foundation.





Turkey and Vegetable Ragout

INTACT PLACE COOKS

Healthy food with whole food ingredients nourishes our body, so consider using all natural and organic ingredients where possible. **Click here** to take a look at "The Dirty Dozen and the Clean Fifteen", a useful guide to choosing safe fruits and vegetables for your family, and to avoiding ones that are not good for you. Live well! Cook fresh! And enjoy this recipe!

Turkey and Vegetable Ragout

Ingredients

- 16 oz cooked turkey meat – cut into 1" cubes (when using fresh turkey, brown meat after the bacon step)
- ¾ cup onions, medium diced
- 1 clove garlic, minced
- ¾ cup carrots, medium diced
- ¾ cup celery, medium diced
- 1 cup fennel bulb, medium diced
- 1 ½ cups raw pumpkin, 1" cubed
- 1 tablespoon parsley root, finely diced
- 2 strips thick sliced, double smoked bacon – cross cut into 1/4" pieces
- 2 teaspoons butter
- 2 teaspoons cooking coconut oil
- ½ oz dried porcini mushrooms – rehydrated in ½ cup warm water, slice thinly, add to reserved liquid
- 1 tablespoon cream sherry
- ½ cup dry white wine
- 1 teaspoon sea salt
- ½ teaspoon fresh ground black pepper
- 2 bay leaves
- 1 cup low sodium chicken or vegetable stock
- 1/3 cup heavy cream

Method

In a 4L deep skillet, brown the bacon, butter and coconut oil over medium heat until bacon is lightly browned and fat rendered (about 5 minutes). Add onions, carrots, celery, garlic and fennel and sauté, stirring frequently until vegetables are lightly caramelized (about 10 minutes). Add sherry and white wine, deglazing the pan. Add remaining ingredients except pumpkin and cream. Cover and bring to boil. Reduce heat to a low braising simmer; partially cover with lid to allow evaporation. Continue cooking at low temperature until liquid is reduced to about 1 cup (about 40 minutes). Stir in raw pumpkin. Cook covered over medium heat until pumpkin is just done through (about 10 minutes). Stir occasionally to continue to reduce liquid to about ½ cup (another 5 minutes). Remove from heat and immediately fold in heavy cream. Do not over mix. Serve with a lightly seasoned starch such as brown rice, egg noodles, or leftover mashed potatoes.

This deliciously hearty and savory ragout is a great way to use leftover turkey and pumpkin.

Original recipe submitted by Dr. Alan Chong, Centre for Chiropractic Care, www.centreforchiropractic.ca



Please send us a favorite recipe and we will include it in a future issue of this newsletter.

AROUND THE BUILDING

Bentall Kennedy receives waste management award

Earlier last year, Bentall Kennedy teamed up with Green Calgary to conduct mock waste assessments in the lobbies of our four downtown office buildings. This involved displaying one day's worth of waste in the lobby, along with information on what is being done to increase the amount of waste being diverted from landfills. The Recycling Council of Alberta recognized Bentall Kennedy with the 2013 Building Operations Award for the Mock Waste Assessments.



1,000 pounds of food for Food Bank!!!

From Nov 11 - 29, we collected non-perishable food items to go towards feeding the many hungry people in our city through the Calgary Interfaith Food Bank. All tenants who donated food were entered into a draw for a chance to win a gift basket!

Thanks to your generous participation we collected 1000 pounds of food!



BK Tenants warmed up to Jacket Racket

Our Jacket Racket 2012 drive was such a big success that we decided to run it for 2 weeks in 2013 instead of one. Thanks to your support and generosity, we collected nearly 300 clothing items including jackets, snow pants, gloves, mitts and scarves. These were gratefully received and distributed through the school system and emergency shelters!



STAFF PROFILE

Sarah Webber

Life Safety Supervisor



Sarah joined Bentall Kennedy in April of 2007 as Security Supervisor for BP Centre and Livingston Place. She was responsible for supervising the security staff in both buildings as well as doing investigations, reports and dealing with any security issues that arose.

In December of 2010 Sarah became the Supervisor of Life Safety for BP Centre, Livingston Place, Intact Place and Jamieson Place. In this role, she ensures that all four buildings are "Code Compliant" as well as facilitating WHMIS, TDG (Transportation of Dangerous Goods), and First Aid/CPR/AED for the staff of Bentall Kennedy throughout Calgary. Many of you have met and worked with her as she also facilitates the Fire Warden Program for your building.

What Sarah likes most about her role with Bentall Kennedy is doing her part to ensure that the people in the buildings work safely and that they recognize what we all need to know and do to keep ourselves and others safe.

When not at work, Sarah enjoys 'putzing around the house' and going to the Ladies Game Night on Saturday with her friends. Sarah is also a self-proclaimed Trivia Game Show buff.

Sarah can be reached at 403-371-8511 or swebber@bentallkennedy.com.

RECYCLE, REDUCE, REUSE...

2013 Waste Assessment Results

In October, we completed our annual waste assessment with Green Calgary. This involved the collection of garbage over a 24 hour period, compiling bags on the loading dock and then physically assessing each bag for content.

The diversion rate (amount that is diverted from the landfill) was calculated at 64% – which shows a slight drop compared to the 65% registered last year. The graphs below detail the common items found in the waste stream.

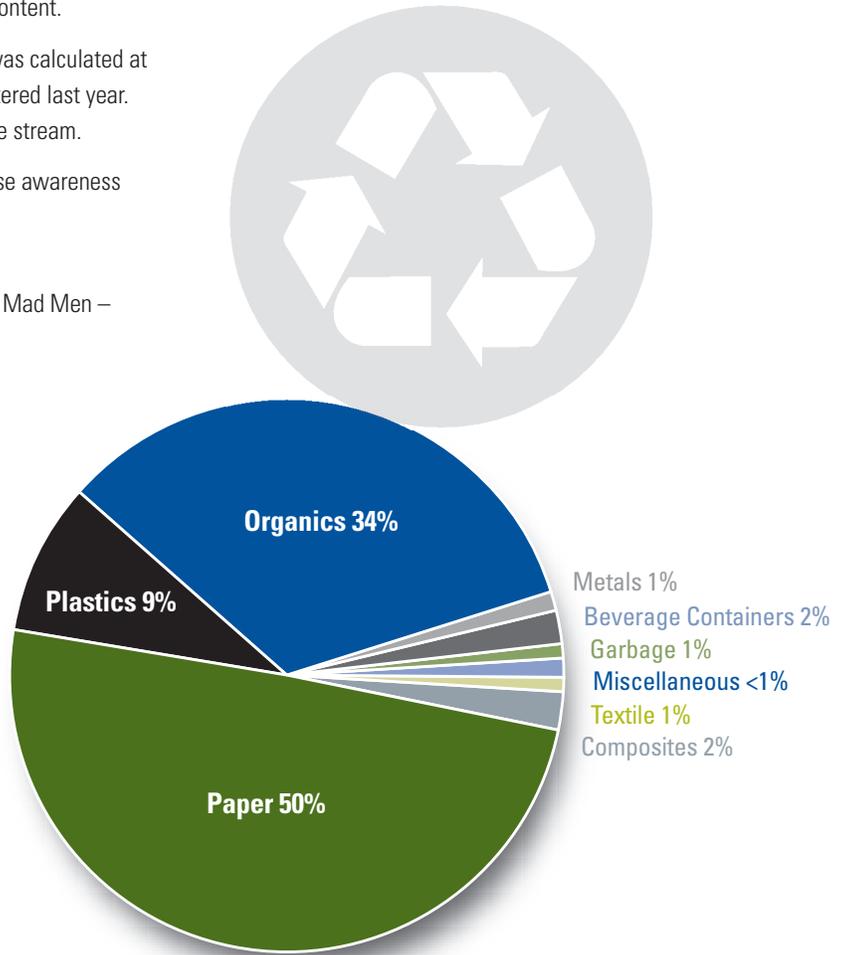
Our goal for 2014 is to increase our rate by 10%. So to increase awareness of the programs offered, we are now offering the following:

- Daily recycling monitor
- Two short videos done in the spirit of the popular TV show Mad Men – that focus on Mixed Materials and Organics recycling

More information can be found on the BP Centre website at www.intactplace.com or by contacting Tony Mackey, Tenant Services Manager, at 403-303-2471 or tmackey@bentallkennedy.com.

Annual Waste Material Breakdown

	Weight (MT)	Percent
Paper	63.3	50%
Plastics	11.7	9%
Organics	42.4	34%
Metals	1.1	1%
Glass	0.0	0%
Beverage Containers	3.1	2%
Garbage	0.7	1%
Wood	0.0	0%
Miscellaneous	0.2	<1%
Construction & Demolition	0.0	0%
Textile	1.4	1%
Composites	2.2	2%
Total	125.9	100%



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This newsletter is produced quarterly by Bentall Kennedy for tenants, service providers, and employees at Intact Place. Articles from this newsletter may be copied or reproduced by citing the source. If you have questions/suggestions, please contact Property Manager Wayne Scherger at wscherger@bentallkennedy.com or 403-303-2443.