

UPCOMING EVENTS

Rainy day? We've got you covered

On rainy days we've got you covered. Courtesy umbrellas are available to our tenants at the security desk. Simply show your business access card and you can sign one out.



Veteran's Food Bank Drive

We collected over 3,000 pounds of food for the Veteran's Food Bank in 2014 and we thank you in advance for your support and contributions in 2015! Between March 30 and April 17, you can place non-perishable food items in the main floor drop box near the security desk and enter the draw to win a great gift! Here are the most needed items:

- Canned fish
- Meat
- Fruit
- Vegetables
- Beans
- Stew or hearty soup
- Coffee
- Tea
- Macaroni and cheese
- Pasta and sauce
- Rice
- Powdered or canned milk
- Cheese spread
- Peanut butter

Zero Waste in 2015

Information on our recycling streams will be distributed throughout the building in April. This includes information on the items permitted in each of our streams: Organics, Mixed Recycling, Refundables, and Waste. In the meantime, here is some new information on recycling and recyclable items:

- **Polystyrene Recycling** – Clean, white Polystyrene (Styrofoam) with the symbol PS6 is now included in our enhanced recycling program.
- **Desk-side Recycling Bins** – The new desk-side recycling bins are labeled to include all types of paper, as well as metal, plastic containers labeled 1-7, flattened cardboard, empty glass bottles and jars, coffee cups and lids (separated), and plastic bags.
- **City of Calgary Landfill** – In 2016, paper and cardboard will be added to the City of Calgary's Designated Materials List for their landfills, which means that waste containing paper and cardboard can be charged extra tipping fees. This move is part of the City of Calgary's ICI Recycling Strategy, which will provide an economic incentive for diverting materials in the Calgary area. [Click here](#) to learn more.



Wine and Beer Tasting on May 28

The annual wine and beer tasting event has now become a tradition and is one of the most popular tenant events! Over the past six years, nearly \$20,000 raised at this event has been donated to different charitable organizations. This year's event will take place on May 28, starting at 4:00 pm in the second floor Livingston Place Lounge. All proceeds will go to the Children's Cottage Society, our building charity of choice for this year.

Volunteers from Children's Cottage Society will be selling tickets in your building over the lunch hour on Thursday May 7 and Thursday May 21. You can also contact Children's Cottage Society for tickets at 403-283-4200 ext.225 (Cheri) or at info@childrencottage.ab.ca.

The tasting will include:

- Wine and Beer provided by Willow Park Wines & Spirits
- Delicious appetizers provided by An Affair to Remember
- A chance to enter a draw for great prizes.

Don't miss this fun opportunity to network while you sip and taste. See you there and then!

AROUND THE BUILDING

Environment Week June 1 – 5, 2015

Our buildings will celebrate Environment week again this year with activities meant to raise awareness among our tenants regarding sustainable options that can help the environment. A healthy complimentary breakfast will again be handed out to building commuters who carpool, transit, bike or walk to work! Here are some ideas for what you can do at work:

- Instead of wrapping your lunch in aluminum foil or saran wrap, pack it into reusable containers.
- Turn off your hard drive when you are not using your computer. This will double its life and save energy.
- Shut off your computer and monitor before you leave for the day.
- Turn off the lights in meeting rooms when not in use.
- If you are the last to leave in the evening, volunteer to turn off your section's printer, and team up with an early bird that can start it up again in the morning.
- Use the stairs when only going up or down a few floors. It's also good for your health.
- Reduce the amount of bottled water you drink. Bring your own mug for coffee or tea. Every time you use a reusable mug, you are saving one disposable cup.

Click here for more information about Environment week and for more tips.

Earth Hour much more than an event

Earth Hour is a movement that has achieved massive environmental impact, including legislation changes, by harnessing the power of the crowd. Earth Hour was famously started as a lights-off event in Sydney, Australia in 2007. Since then it has grown to engage more than 162 countries and territories worldwide.

This year, Earth Hour was on March 28 when all Bentall Kennedy buildings from our downtown portfolio turned off all lights between 8:30 and 9:30 pm in support of climate change. For more information on earth hour, visit www.earthhour.org.



ENVIRONMENT



Raising the Roof on Toque Tuesday

Nearly \$6,500 was raised in our four downtown properties for the annual Raising the Roof Campaign to end youth homelessness in Canada. The funds were raised through the sale of toques and socks for \$10 each on February 3.

STAFF PROFILE

Robert McMunn

Chief Engineer

Robert McMunn joined Bentall Kennedy in 2013 as a Building Operator at Intact Place. In 2014, he was promoted to Chief Engineer at Intact Place.



Robert is an accredited Power Engineer and carpenter. He uses his training and his many years of experience in operations and building maintenance to ensure that Intact Place tenants have a safe and comfortable place to work.

Robert enjoys working with the tenants in the building and with the members of his team. He says that his team is "a small group of dedicated professionals who like helping tenants in any way that they can".

In his spare time, Robert enjoys riding his mountain bike, playing hockey and speed skating. He can be contacted at 587-229-2466 or at rmcmunn@bentallkennedy.com.

AROUND THE BUILDING

What's in a COLOR?

SerVantage is a BOMA award winning company that has been taking care of buildings and the people in them since 1966. They take care of our buildings and they do much more than you would expect from a typical janitorial and building maintenance company. And they do it using innovative technology applications and environmentally friendly methods and materials, including a variety of microfiber cleaning cloths. See the chart for the meaning of the different colors these cloths come in. The following list describes the cleaning schedule for office areas, boardrooms and meeting rooms:

Daily service

- All tiled floors will be swept with a treated dust or Microfibre mop.
- Floors to be spot washed as needed.
- Carpet traffic areas to be vacuumed.
- Office waste receptacles will be emptied and a new plastic liner inserted if needed.
- All refuse and recyclable material will be taken from floor central bins to a designated area in the building for disposal as required.
- Horizontal surfaces will be dusted and spot cleaned; i.e. tops of desks (cleared space only), window ledges, tables, chairs and partition ledges weekly.
- Finger marks will be removed from door glass, partition wall glass and office partitions weekly.
- Internal stair cases and landings to be thoroughly vacuumed and cleaned.
- Partitions, walls and doors to be spot cleaned.
- Magazines to be neatly arranged on reception tables.

Periodic service

- Carpets to be vacuumed wall to wall weekly.
- High dusting of wall hangings, such as pictures, etc., tops of doors, high cabinets, high ledges will be done weekly.
- Glass tops will be completely damp wiped or washed to remove finger marks or other soil, as required.
- Telephone handsets sanitized once per week.
- Dusting of vertical surfaces, i.e. side of desks, chairs, tables, filing cabinets and equipment will be done as needed (minimum monthly).
- Resilient floors to be spray buffed and/or recoated as needed.
- Air diffusers to be dusted monthly.
- Waste containers to be thoroughly cleaned as needed.
- Resilient floors to be scrubbed and refinished or stripped and refinished as needed.
- All chairs to be spot cleaned as needed and vacuumed monthly.
- Vinyl and leather furniture to be damp wiped monthly.
- Door kick plates to be polished monthly.
- All light fixtures within reach to be dusted quarterly.
- All coat closets will be cleaned, removing all smudges from interior and exterior doors and walls as required.
- All light fixtures within reach will be dusted, polished and spot washed as needed (minimum weekly).



Yellow Micro Fiber Cloths

are used to clean toilets and urinals only.



Pink/Red Micro Fiber Cloths

are used to clean above floor contact points in washrooms only.



Green Micro Fiber Cloths

are used to clean above floor contact points and to damp dust in all areas except washrooms. (Switch plates, chairs, legs, tables, shelves, ledges, desks, cupboards, bookcases, walls, waste baskets, dividers, drawers, doors and moldings).



Blue Micro Fiber Cloths

are used in coffee rooms or food services areas such as cafeterias and lunch rooms. (Outside of fridge, microwave, small appliances, urns, dishwasher, cupboards, shelves, walls, sinks, counters, taps and partitions).



Jumbo Micro Fiber Cloths

are used to clean mirrors and interior glass. Use with water only. (Glass doors, glass walls and partitions, mirrors, headers above doors, counter tops and desks).

RESTORING ALBERTA'S LANDSCAPE

Through this commitment, Bentall Kennedy is working to help restore natural Canadian landscapes by increasing forest cover and enhancing natural biodiversity through tree planting efforts. Last year, Bentall Kennedy donated \$4000 to Forest Recovery (\$1,000 for each of the four downtown properties) in support of Earth Day. We will also be donating this amount for each building again this year.

Bringing back key species to Pine Lake

In December 2013 the Nature Conservancy of Canada (NCC) purchased 113 acres (46 hectares) of land on the northern border of Pine Lake, Alberta. This area is one of the last undeveloped quarters of land along the lakeshore. Forage cover, grassland and aspen vegetation make up the landscape, and the wetland is vital habitat for migratory waterfowl and shorebirds.

The lakeside property is a mosaic of landscapes, including 800 metres of shoreline, several smaller wetlands and their associated riparian areas, aspen forest, native and tame grasslands and an inlet that drains into the lake. In addition to deer, moose and coyotes that frequent the property, ospreys and white American pelicans use the land around Pine Lake for nesting. A rare button sprite snail has also been discovered, for which NCC will attempt to maintain habitat. But after years of use, the native understory vegetation had been depleted.



Restoring the land

This multi-stage re-vegetation project will return the land to a more native state by pulling non-native plant life and reforesting with native shrubs and trees, eventually rebuilding wildlife corridors for animals that reside in the region.

In a thank you letter to Bentall Kennedy, Colleen McPhee, the conservation coordinator for central and northern Alberta, said that "The tree planting efforts implemented through this forest restoration project will have significant environmental benefits through increased forest cover, enhanced air and water quality, increased biodiversity, as well as improvement of habitat for wildlife. We thank you for your support and look forward to planting with you in years going forward."



INTACT PLACE COOKS

Arugula Salmon Salad with Capers and Shaved Parmesan



From Skinnyta.ste.com

Ingredients:

- 1.5 cups baby arugula
- 4 oz cooked sockeye wild salmon with skin removed
- 1 tsp capers, drained
- 2 tsp red wine vinegar
- 1 tsp extra virgin olive oil
- 1 tbs shaved parmesan
- Salt and fresh pepper to taste

Directions:

Place arugula on a dish, sprinkle with salt and fresh cracked pepper and top with salmon and capers. Drizzle a little oil and vinegar on top and finish off with fresh shaved parmesan. Serves one.

 **upDate**

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.