

# upDate

## BUILDING COMMUNITY SUPPORT

### Childrens Cottage 2015 Charity of Choice

The Children's Cottage Society (CCS) continues to be our Charity of Choice for 2015. We are happy to inform you that through proceeds from our Wine and Beer Tasting, Stampede events and the CCS Clothing and Food Drive we have reached our goal of \$10,000 for 2014!

You can donate clothing and food items all year long either by dropping them off at CCS locations or by contacting Tenant Relation Manager Simona Berneanu at [sberneanu@bentallkenedy.com](mailto:sberneanu@bentallkenedy.com) or 403-716-2003.



CHILDREN'S  
COTTAGE  
SOCIETY

## You are making dreams come true...

Through our building Pop Can Recycling Program, we have raised nearly \$27,000 for the Children's Wish Foundation of Canada this year. As a result we have been able to fulfill the wishes of three children including Isaiah...

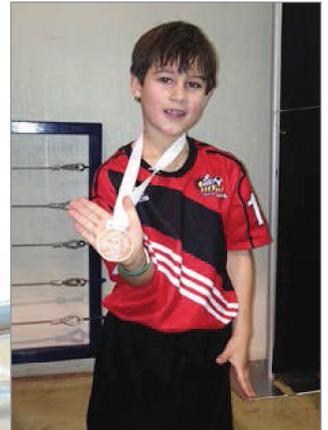
Isaiah is an active and outgoing seven-year-old who loves exploring the great outdoors. His favorite activities to enjoy outside with family include soccer, biking and his ultimate favorite – camping!

Isaiah was diagnosed with severe Hemophilia when he was born in 2006. He lacks one of the proteins needed to form blood clots which puts him at risk of prolonged bleeding following an injury and can cause frequent spontaneous bleeding episodes, often into joints and muscles. Isaiah requires three blood transfusions a week in order to manage his condition.

Isaiah's wish was to have a camping trailer to keep his family protected from the elements, no matter what mother nature has in store. His trailer is complete with a heated mattress and additional camping gear, including chairs, lanterns and games.

Despite the challenges of his condition, Isaiah remains an upbeat youngster who is enjoying life and excelling at school. He enjoys school so much he aspires to be a teacher when he grows up. Until then, he is focused on the many adventures he and his family will enjoy together when his new camping trailer is delivered next spring.

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. We look forward to your continuing participation in this program in 2015. **Click here** to learn more about the Foundation.



# AROUND THE BUILDING

## Working together to make a difference...

### Styrofoam Roundup

A Styrofoam Recycling Roundup in celebration of Waste Recycling Week harvested 17 large bags of styrofoam. The person who brought the most Styrofoam won a \$150 Future Shop gift card.



### Jacket Racket

Nearly 1,000 clothing items were collected during this year's Jacket Racket from Oct 13-24. Items included jackets, snow pants, gloves, mitts and scarves, all gratefully received and distributed through the school system and emergency shelters!



### Raising Food to Feed the Hungry

We collected 1,209 pounds of food, thanks to your generous participation in our annual food drive for the Calgary Interfaith Food Bank. From November 17 to December 5 we collected non-perishable food items to go towards feeding the many hungry people in our city. All tenants who donated food were entered into a draw for a chance to win a gift basket!



## INTACT PLACE COOKS

### Kale Caesar Salad



*Calgary Cooks* is a collection of some 80 recipes from local chefs and restaurants, celebrating the city's delicious and ever-growing culinary scene. Edited by Gail Norton and Karen Ralph, and with a foreword by restaurant columnist John Gilchrist, the cookbook translates the creations of some of Calgary's top chefs into something the home cook can handle, getting a taste of those restaurants in the comfort of home.

This Kale Caesar Salad from Una is included in the book. It started as a garnish at Una. People loved it so much that they turned it into a full salad. It's been the number 1 seller at Una ever since.

#### Caesar Dressing

- 1 clove garlic
- 4 anchovy fillets
- 1 Tbsp Dijon mustard
- Zest and juice of 1 lemon
- ½ cup olive oil

#### Kale Salad

- 2 Tbsp olive oil, plus more, if needed
- 4 thin slices prosciutto, julienned
- ½ cup panko crumbs
- Maldon salt and black pepper
- 2 bunches kale, leaves only, julienned
- 1 cup grated Pecorino Romano
- 2 soft-boiled eggs, peeled and halved (optional)

#### Method

##### Caesar Dressing

Using a fork, crush garlic and anchovies against the inside of a large bowl. Add mustard, lemon juice and zest and olive oil and whisk until well emulsified. Pour the dressing into a glass jar and set aside.

##### Kale Salad

Line a plate with paper towels. Heat olive oil in a medium frying pan on high. Add prosciutto and pan-fry until crispy, about 5 minutes. Transfer to the paper towel-lined plate and set aside. Reduce the heat to low.

Add panko crumbs to the pan, adding a little oil if required, and toast until golden, about 2 minutes. Scrape the panko into a small bowl, season to taste with salt and set aside.

Place kale in a large bowl, pour in the dressing and toss well. Season with salt and black pepper. Transfer to a serving bowl and top with Pecorino Romano, toasted panko and crispy prosciutto. Serve with the boiled eggs, if desired.

Serves 4.



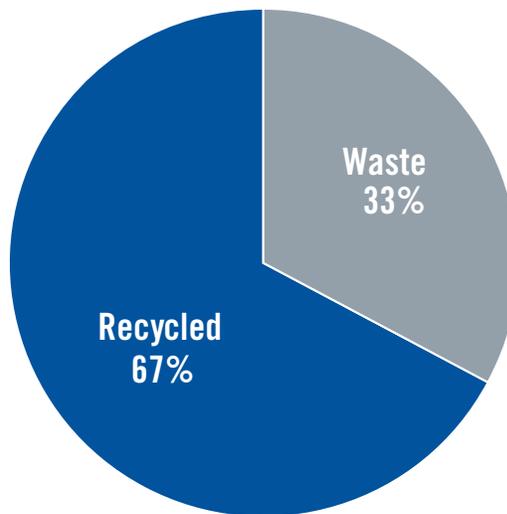
# RECYCLE, REDUCE, REUSE...

## 2014 Waste Assessment Results

On October 23, Green Calgary's Green Workplace group did a waste assessment at Intact Place. The following charts summarize what they found. Their detailed report and recommendations will enable IP staff and tenants to continue to enhance our waste diversion efforts.

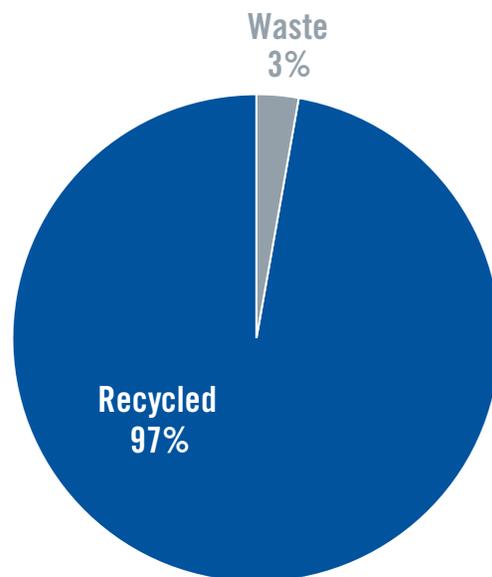
**Figure 1: Diversion Rate**

Waste and Recycled Material Annual TOTAL		
	Weight (MT)	Percent
Waste	100.3	33%
Recycled	204.1	67%
Total	304.3	100%



**Figure 2: Potential Diversion Rate**

Waste and Recycled Material Annual TOTAL		
	Weight (MT)	Percent
Waste	9.5	3%
Recycled	294.9	97%
Total	304.3	100%

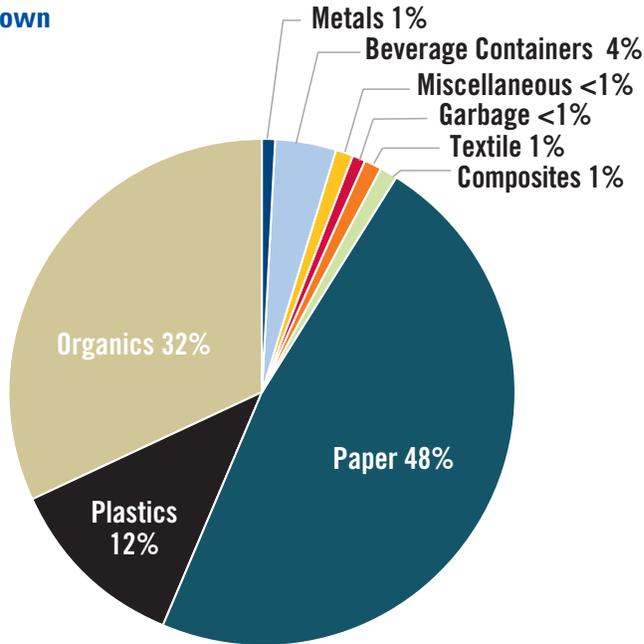


# RECYCLE, REDUCE, REUSE...

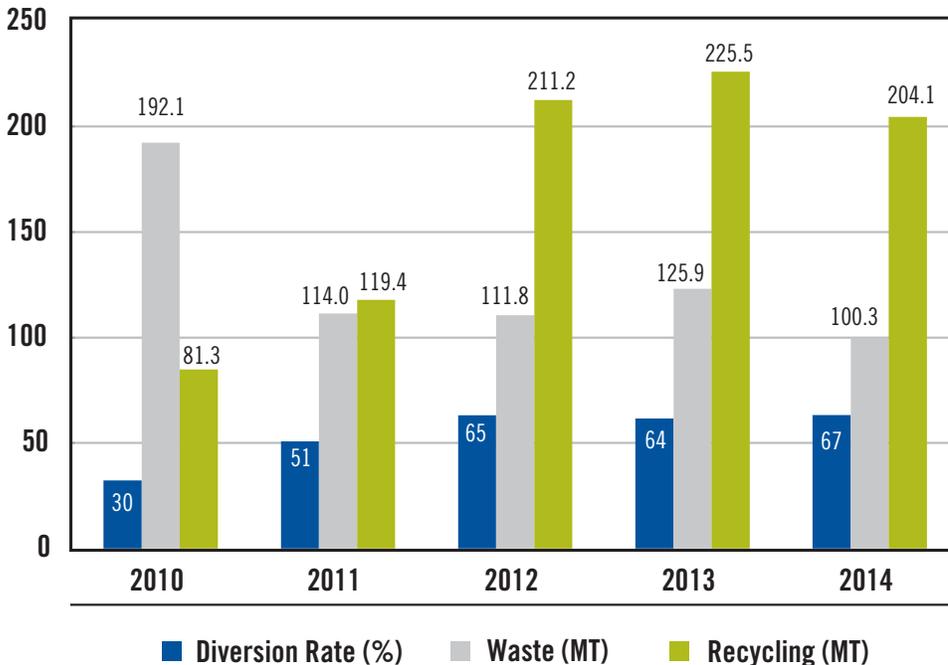
# 2014 Results

**Figure 3: Annual Waste Material Breakdown**

Material	Weight (MT)	Percent
Paper	48.4	48%
Plastics	11.6	12%
Organics	31.7	32%
Metals	0.8	1%
Glass	0.6	1%
Beverage Containers	3.9	4%
Garbage	0.4	0%
Wood	0.1	0%
Miscellaneous	0.6	1%
Construction and Demolition	0.0	0%
Textile	0.9	1%
Composites	1.3	1%
<b>Total</b>	<b>100.3</b>	<b>100%</b>



**Figure 4: Historical Waste and Recycling Breakdown**



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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](mailto:wscherger@bentallkennedy.com) or 403-303-2443.

