

ForeverGreen

Film Festival

Guide

Issue
#1

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Bentall Kennedy
FOREVERGREEN

The top 10 things we learned from *Sense and Sustainability*



SENSE AND SUSTAINABILITY PREMIERED OVER THE WEEKEND, AND AMID THE LAYERS OF TANGLED ROMANCE A RECURRING MESSAGE EMERGED — IT MAKES SENSE TO BE SUSTAINABLE!

BELOW IS A LIST OF THE TOP 10 EVERYDAY ACTIONS FROM THE FILM THAT WE CAN DO TO MAKE AN IMPACT:

01. Carry your own coffee mug and water bottle (drink tap water).
02. Turn off the lights when you leave your room, classroom or study space.
03. Recycle all paper products, bottles, cans, glass and hard plastics.
04. Challenge yourself to take shorter showers.
05. Turn off your computer or set it to sleep mode when not in use.
06. Only do laundry when you have a full load.
07. Unplug chargers and electronics when not in use.
08. Rethink your need to print, and double-side it.
09. Take only what you need — napkins, paper towel, straws — and prevent needless waste.
10. Travel by bus and/or bike instead of driving.

Saving the planet in Bill & Ted's Excellent Sweaters



Two totally excellent dudes face some serious heat when they start an internship at a local office. By the end of the film, the duo saves the day (and money) by convincing their boss to turn down the heat a couple of degrees – all while wearing the most excellent sweaters!

We caught up with one of the movie's stars, George Caring, who plays Rufus in the film. George shed some light on his character and the premise behind this Bill & Ted sequel.

"Although Rufus comes off a little gruff towards Bill and Ted, at the heart of it he really is just a good guy trying to make the best of a high stress situation. He knows that the future of the planet depends on two dim-witted metal head highschool students and he does everything in his power to help them succeed."

In the first film, Rufus had to travel back in time to help Bill and Ted get a good grade on their history exam so the utopian future would be saved. This time around, Rufus is back to make sure that Bill and Ted don't mess up their interviews for a coveted internship.

They save the planet again, this time from a climate disaster, by wearing the most excellent sweaters and spreading the message to turn down the heat and save energy

– a message that we should all take to heart."

Put to the test: Are LEDs the true champion of *Light Club*?



Lighting accounts for 30% of electricity used in commercial buildings and 12% of electricity used at home, so when the new movie *Light Club* came out, we were inspired to put the different types of bulbs to the test.



Incandescent

1,200 hours | 60 watts | \$11/yr

Compact Fluorescents (CFLs)

8,000 hours | 13-15 watts | \$2.50/yr

Light Emitting Diodes (LEDs)

50,000 hours | 6-8 watts | \$1.10/yr

We had three types of light bulbs duke it out.

So, who came out on top? The results stayed true to what was portrayed in the movie — LEDs were far superior in the battle for the most efficient bulb.

Why the *Raiders of the Lost Kilowatt* star is a real life hero

Raiders of the Lost Kilowatt star

Harrison Tesla sat down with us to talk about his real life battle with plug load.

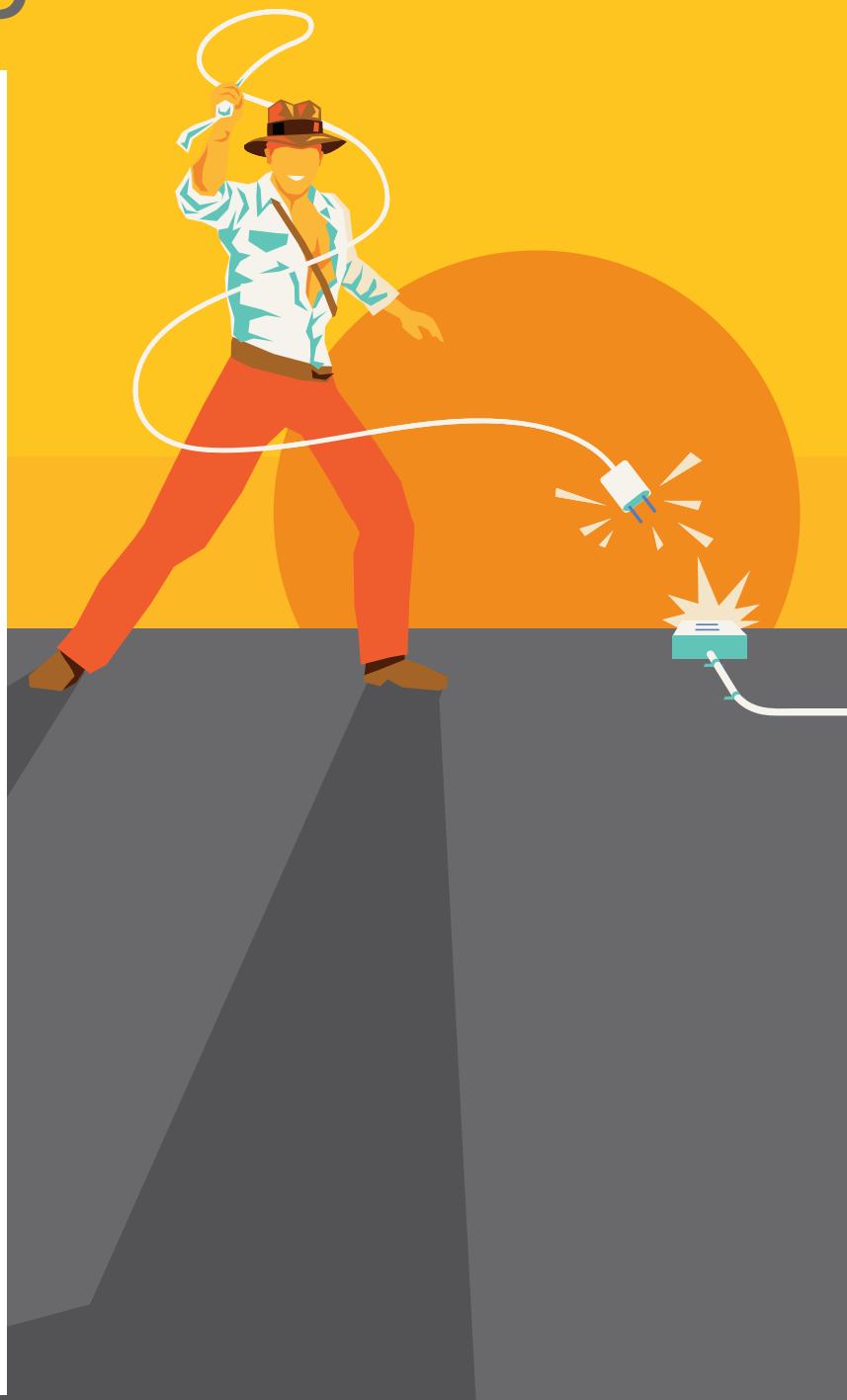
Harrison, can you explain to us what plug load is and why you've made it your mission to fight it?

Plug load is the energy consumed by any electronic device that is plugged into an electrical socket — everything from cell phone chargers, to computers to small and large appliances. When I started looking into the issue of plug load I learned that it is a leading source of energy consumption. In fact, plug loads can account for up to 15 to 20% of energy consumed by commercial buildings and homes. I also realized that this is often overlooked, so I have made it my mission to reduce plug load in my life and encourage others to do the same.

What types of things can we do in our own homes and workplaces to combat plug load?

There is so much you can do! For starters, shut down equipment such as computers and printers when they are not in use. Another good tactic is to unplug unnecessary peripherals such as cell phone chargers and small appliances such as toasters and coffee makers when they are not being used. And if you want to get really aggressive change the power management setting on your computer or laptop.

Be sure to check out my movie to see all of this in action!



About ForeverGreen

Bentall Kennedy's ForeverGreen commitments include energy efficiency and carbon emission reductions, waste diversion, water conservation, and a healthy workplace.

We have created this tenant resource to provide monthly information and inspiration for a clean and greener place to work. **TOGETHER WE CAN ACHIEVE FOREVERGREEN.**

The ForeverGreen Film Festival is our 2016 campaign that takes monthly sustainability themes and reimagines them as films through movie posters and this accompanying 'Film Festival Guide'.

Connect with us on twitter: @bkforevergreen



7 years in a row, Bentall Kennedy has been recognized as an ENERGY STAR Partner for our commitment to energy management and reducing consumption.



5 years in a row, Bentall Kennedy has ranked among the top firms worldwide by the Global Real Estate Sustainability Benchmark (GRESB).

For additional information on ForeverGreen contact your Property Manager or visit: www.bkforevergreen.com