

ForeverGreen Film Festival Guide

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Burn calories not fossil fuels, says the star of *Magic Bike*



We recently sat down with actor Channing Tuck, to talk about how he got into shape for his role in this year's summer blockbuster movie, *Magic Bike*.

Q: There seems to be a lot of physical action in the movie. How did you prepare for this role?

A: My character in the movie, Mike, is a regular guy who goes on an adventure across the country on a bike gifted to him by his father. To get into the skin of the character, I simply started cycling. I would ride my bike to the film set every day. It helped me tone my muscles, build strength, improve my cardiovascular fitness, and reduce stress. It was a great way to clear my head after an intense day of filming.

Q: We've also heard from your co-stars that you took the initiative to get everyone on board with cycling?

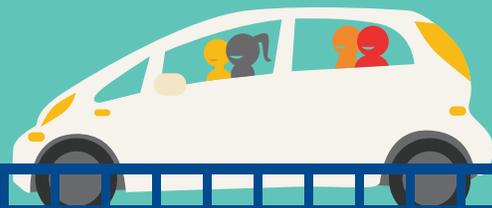
A: I did! Not only does cycling have great health benefits, but it's cheaper than driving and is also a win for the environment. Switching from driving to an active commute option just one day a week will save 0.25 tonnes of carbon emissions annually. The cycling infrastructure across

North America has been expanding with the development of dedicated bike lanes, multi-use trails, and bike share programs. So it's no surprise that cycling is growing in popularity as a daily commuting option. It offers a convenient and affordable solution to the crowded transit and congested streets in urban areas.

I encouraged the film's cast and crew to take up this option. We even organized a "Bike to Work" week which was a friendly competition that encouraged both new and experienced bike commuters to cycle to work. There are some great local programs like Smart Commute in the Greater Toronto Area, and Hub Cycling in Vancouver, that provide resources and workshops to support people in taking up this active option!

Check out *Magic Bike* and be sure to take part in the Commuter Challenge that is happening across Canada between June 5 and June 11, 2016.

Top five reasons why you should carpool from *Dude, Where's My Carpool?*



01. Save money – Sharing the costs of fuel and parking by carpooling can cut car related expenses by 50% to 75%!

02. Reduce your total commuting time — Some cities have High Occupancy Vehicle (HOV) lanes so when you carpool, you can take advantage of this option and whiz by the traffic.

03. It's good for the environment – The transportation sector is one of the largest sources of noxious air pollution and greenhouse gas (GHG) emissions in Canada. Did you know that transportation of people and goods accounts for nearly a third (28%) of Canada's total GHG emissions? The main culprit behind this increase in emissions from the transportation sector has been the surge in the use of passenger vehicles (cars, SUVs, vans, semi-trailer light trucks etc.).

04. Reduce traffic congestion and the need for parking – On a large scale, your decision to carpool contributes to fewer cars on the road which reduces fuel consumption and overall commute time.

05. It's flexible & convenient — Don't particularly like driving? Or, want to make your commute time usable? When you're not the one driving, you can use your commute time to read, check emails and chat with your fellow carpool buddies. In fact, according to a survey carried out by Smart Commute, a whopping 81% of carpoolers reported that they were satisfied with their commute.

So what are you waiting for? Go ahead and ask, "Dude, where's my carpool?"

Don't be a *Reservoir Hog!*

Quentin Currentino's *Reservoir Hogs* is a classic cautionary tale of water scarcity. The dramatic flashbacks and action sequences in the film emphasize the fact that water is an invaluable commodity. By 2050, the number of people who will not have access to clean drinking water is expected to reach three billion.



Commercial buildings use a significant amount of water so there is an opportunity to make a difference, because every drop counts! The three largest uses of water in commercial buildings are rest-rooms, heating and cooling, and landscaping. At the workplace, you can:

- Post signs in kitchens and restrooms reminding staff to use water wisely.
- Run a dishwasher only when it's fully loaded — this can save up to 1000 gallons of water each month.
- Stay away from bottled water! It takes 3 litres of water to manufacture a 1 litre bottle of water. Plus, only 15% of these plastic water bottles are recycled while the rest end up in landfill or as trash in lakes, rivers and oceans.
- Calculate your personal water footprint using *Water Footprint Network's interactive tools*. You'll find that we consume a lot more water than we think. Around 95% of water is actually hidden in the products and services we use and the food we consume. Products like coffee, cotton, jeans, paper, and cars, all have considerably high water footprints.

Using less water today saves you money on your water and energy bills, and preserves water for future use.

Lesson learned, don't be a reservoir hog!

The *Patch Me If You Can* Challenge

A drip from a leaky faucet at a rate of one per second can waste more than 3000 gallons of water per year, if left unfixed. That's equivalent to the amount of water needed for more than 180 showers!

Become a leak detective, and be a part of the solution! As a detective, you should:

- Be vigilant and check for the following:
- Leaky faucets, toilets, appliances and other restroom and kitchen fixtures
- Water penetration through walls or floors
- Corrosion of visible water pipes
- Irrigation system to ensure it is not damaged by frost
- Immediately report drips and leaks to the Property Management team

Repairing leaks is often inexpensive and the water, energy and cost savings it provides add up in the long run.

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](https://twitter.com/bkforevergreen)



8 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