



# The 150 King Street Connection

Winter/Spring 2017

## Lunchtime Yoga/Pilates combo classes

Tired of sitting at your desk all day? We invite you to join our Lunchtime Yoga and Pilates classes offered right here in the building! The 45-minute-long classes concentrate on yoga meditation postures combined with core strengthening workouts to increase flexibility, strength, and energy. The sessions are led by certified instructors from hOM and are suitable for all skill levels.

**More information about lunchtime Yoga and Pilates classes**

*We hope to see you there!*

## Tenant surveys 2016 – bringing your ideas into motion

At Bentall Kennedy, our tenants' satisfaction is critical to our commitment to continuous improvement. Every two years, our survey asks tenants to assess the areas in which we have exceeded expectations and those in which extra attention was needed. The results of last year's survey have helped us to target specific areas for improvement and develop action plans to deliver the best services for our tenants.

We recognize that the tenant survey takes time to complete, and we thank you for your valuable responses. To review the 2016 Tenant Survey results, please contact the property management office.

### Did you know?

The energy saved from recycling a single aluminum can is enough to operate a computer or TV for three hours.

## 150 King West is certified GOLD

150 King West has achieved BOMA BEST® Gold certification.

BOMA (Building Owners and Managers Association) BEST (Building Environmental Standards) is Canada's largest environmental assessment and certification program for existing buildings, with over 5,000 buildings obtaining a certification or recertification to date.

The BOMA BEST® Program requires compliance with the BEST Practices for Energy and Environmental Management in six key areas: energy, water, waste reduction and site, emissions and effluents, indoor environment and environment management. **Learn more about the BOMA BEST® program**

As always, many thanks are extended to you, our tenants, for your continued support and commitment to a greener tomorrow. **More information about our green practices**

## 2017 ForeverGreen Calendar

Session 1 – Sustainability and Energy		
January	Sustainability	Thinking Sustainably
February	Energy	Space Heating
March	Energy	Efficient Lighting
April	Energy	Phantom Power
Session 2 – Health & Wellness, Water and Sustainable Transportation		
May	Health & Wellness	Indoor Air Quality
June	Sustainable Transportation	Carpooling
July	Health & Wellness	Walking
August	Water	Water Conservation
Session 3 – Waste and Community Giving		
September	Waste	Paper Waste
October	Waste	Recycling Right
November	Waste	E-waste
December	Community	Giving Back

## Ontario Electric Stewardship (OES)

OES is a not-for-profit organization operating the regulated recycling program in Ontario and ensuring safe recycling for end-of-life electronics. Collected and sorted items are sent to an OES-approved recycling facility for the safe removal of potentially hazardous components. In addition, recyclable elements such as metals, plastics and glass are recovered so they can be reused in the manufacturing supply chain.

In keeping up with 150 King West's efforts to increase sustainability, we remind tenants that there is an OES e-waste bin available 24/7 and located in the loading dock.

Common workplace items that can be disposed include:

- Computers, laptops and accessories
- Televisions and monitors
- Printers and fax machines
- Mobile and land phones

### Information on accepted electronic devices

## Cleaning with microfibre cloths

To prevent cross-contamination, Hallmark Housekeeping uses colour-coded microfibre cloths for specific cleaning surfaces and function. This protects the health and safety of building occupants and janitorial staff.



**Blue cloth** – washroom fixtures (toilets and urinals only)

**Yellow cloth** – general purpose cleaning, such as desk tops, office surfaces, entrances, door knobs, etc.

**Green cloth** – all glass and mirror surfaces (and leaving no streaks or film)

**Red cloth** – kitchen areas including sinks, appliances, counter tops and tables.

## Take me to the kitchen!

### Did you know?

Food scraps that end up in the landfill, where there is little oxygen, will decay, producing methane gas – a greenhouse gas that contributes significantly to global warming.

Don't let your food go to waste! Put it into the green organics bin to be composted.

As compost, it will be used on parklands and gardens, where it makes the following contributions:

- improving soil structure
- helping soil to retain nutrients, water and air
- protecting soil against drought
- contributing to a neutral soil pH level
- protecting plants from garden disease, and
- feeding earthworms and microbes.



## PAST EVENTS

### Reusable cup event

50 million trees and 33 billion gallons of water are used to produce North America's disposable coffee cups each year. Buying one disposable cup of coffee per day creates over 10 kg of garbage each year! 150 King West is committed to developing and improving environmental best practices within our building. To promote our building's sustainability efforts, tenants who brought their reusable mugs to work on November 15, 2016 received complimentary beverages upon their arrival at work. Thank you to our sponsors Sam James Coffee Club and Earls Kitchen + Bar.



### 2016 Tenant Breakfast

On December 7, 150 King West hosted the annual Tenant Breakfast. Tenants indulged in egg frittatas, sausages, pancakes, waffles and pastries while enjoying the holiday season!



### Gingerbread House Build competition

At the beginning of the holiday season, tenants were invited to participate in the Gingerbread House Build competition in support of Habitat for Humanity. Houses were on display in our lobby until the judging took place at our Tenant Breakfast. Prizes were awarded to the top four houses:

1. **McEwen Mining**

A private dinner for eight at St. Andrew's Club and Conference Centre – prepared by Copper Skillet winning chefs and valued at \$1,000

2. **What The ELF Is Going On?**

\$250 Bon Appetit gift card

3. **Santa's Bright Workshop**

\$200 HomeSense gift card

4. **Elf & Safety**

\$100 Tim Hortons gift card

**Congratulations to our winners!**



### Longest underground walkway clothing drive – January 2017

Every year, this volunteer-driven event collects over 6,000 bags of clothing, benefiting The Yonge Street Mission's Double Take Store. Beyond providing affordable clothing to the community, The Yonge Street Mission provides employment and training to community members who have obstacles to regular employment. Gift certificates for the Double Take Store are given to community members in The Yonge Street Mission programs, enabling them to shop with dignity. This year, the 150 King West collected 213 bags of clothing.

## Winners

### Destination ForeverGreen 2016 Winners:

September – Alex Yeung, Radar Capital

October – Martha Palaroan, Sun Life Financial

November – Alex Yeung, Radar Capital

December – Sheila Gupta, Swiss Reinsurance

## Upcoming Events

- Parkinson's Hope in Bloom Tulip Drive: April 26, 2017
- Tenant Appreciation BBQ: August 2017

## Welcome New Tenants:

Kanga Food – Concourse

Mackenzie Investments – Suite 1502

Spring is finally here!

# SPRING

## Contact us...

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