

What's new?

A newsletter for our tenants



Let's make it a GREEN year!

When COP21 (**CO**nference of **P**arties*) was held in Paris for twelve days in December, rallying personalities and representatives of nations across the world for the shared purpose of combating climate change, participants took the opportunity to solemnly mark the end of 2015. After months of political planning and two

weeks of intense negotiation, 195 countries and the European Union agreed to adopt the very first universal agreement on climate change. The resulting Paris Accord was a world first!

In the wake of this historic accord, there is every reason to believe that 2016 will see a much greater number of individuals rallying to the cause of ecologically responsible initiatives. People worldwide are increasingly attentive to environmental issues and concerned about what they can do, where they live and work, to reduce their environmental impact, notably on the climate.

The "ForeverGreen" program, 2016 edition

Our commitment to sustainable development is not a new-found issue for us, as attested by the implementation of our "ForeverGreen" environmental program. On the occasion of our 2016 awareness campaign, we have chosen to go with a "movie" theme as we attempt to tackle a number of environmental issues with a touch of humour. These tools will enable us to measure the importance of engaging in ecologically responsible activities and develop life habits that make a difference on a daily basis.

As we enter this new year, we would therefore urge you to carry on with the efforts expended to date in terms of energy efficiency, recycling of waste and residual materials, and water conservation. Help us keep our work areas healthy and reduce our carbon footprint. Consider forming a "green team" in your business or agency. Do consult with us as needed; we'll be delighted to support your initiative. Also, have a look at the list of climate-friendly habits developed in the wake of the COP21 assembly: <http://www.cop21.gouv.fr/en/climate-friendly-habits/>

The slogan adopted by COP21, "**7 billion people, one planet.**" should be all the motivation we need for the rest of the year!

Ryan Zamestrieus
Property Manager

* The "Parties" in question are the countries that are signatories of the UN's framework agreement adopted in 1992 at the Earth Summit in Rio de Janeiro. This agreement acknowledges the existence of "a climate change of human origin and gives industrialized countries the primacy of the responsibility to fight against this phenomenon."

Bentall Kennedy presented with the BOMA Pinnacle award for customer service

As the property manager for the Sun Life Building, Bentall Kennedy was expressly invited to the BOMA 2015-16 award gala, where it was honoured with a **Pinnacle award in the Customer Service category**. This performance validates the constant efforts we expend to provide you with exceptional service. The purpose of the awards conferred by BOMA (**B**uilding **O**wners and **M**anagers **A**ssociation) is to mark the excellence of best practices in the management of commercial properties and celebrate the buildings so acclaimed.

Bentall Kennedy is also one of the chief reasons that enabled the Sun Life Building to garner a number of awards over the last few years and be considered among prestige properties adhering to the highest standards of quality:

- **2014: LEED Silver Certification in the "Existing Buildings: Maintenance and Operations" category**
- **2013: Commercial Heritage Award**
- **2011: 2011-12 BOMA - Historical Building of the Year Award**

Important dates coming up:

February 4	National Sweater Day
February 11	Heart & Stroke Foundation
February 14	Saint Valentine's Day
February 29	Recycling awareness day
March 17	Saint Patrick's Day
March 8	International Women's Day
March 22	World Water Day
March 28	Easter Monday (statutory holiday)



Sun Life Financial acquires Bentall Kennedy

Sun Life Financial has acquired the Bentall Kennedy property management corporation, which has been managing the Sun Life Building for over 10 years.

Sun Life Financial and the Bentall Kennedy Group are two large real estate investment and mortgage corporations established in both the U.S. and Canada. Having joined forces at the service of their worldwide clientèle, they are increasing efficiency by merging their property management teams. Between the two of them, Bentall Kennedy and Sun Life Investment Management will be overseeing assets worth \$48 billion for over 550 institutional clients and investors.



February 4 is National Sweater Day

Since 2010, **National Sweater Day** has been an opportunity for us all to show our support for initiatives against climate change and in favour of energy conservation by wearing a wool sweater to the office and at home, and by lowering our thermostats by two degrees Celsius. This coming February 4th, put on a sweater—the wilder the better! Why? Well, in the winter, for every degree Celsius above 20°C, heating costs increase by 5%. This year, why not organize a sweater contest with your co-workers?

http://www.wwf.ca/events/sweater_day/

The Bentall Kennedy team at your service!

Please feel free to contact us if you have any requests or if you need information.

Main telephone number: 514-393-8820

Main fax number: 514-393-9820

SERVICE CALLS

Sandra Bourbonnière

514-393-8820, extension 2525

ServicesMontreal@bentallkennedy.com

LEASING DIRECTOR

Bernard Charland

514-393-7719

bcharland@bentallkennedy.com

PROPERTY MANAGER

Ryan Zamestrieus

514-393-7715

rzamestrieus@bentallkennedy.com

ASSISTANT PROPERTY MANAGER

Mathieu Meloche

514-393-7710

mmeloche@bentallkennedy.com

TENANT SERVICES COORDINATOR

Nicole Bordeleau

514-393-7725

nbordeleau@bentallkennedy.com

GENERAL MAINTENANCE ASSISTANT

Lucie Richard

514-393-7723

lrichard@bentallkennedy.com

CONFERENCE CENTRE AGENT

Monique Paré

514-393-7720

ConferencesMontreal@bentallkennedy.com

SECURITY

Tel.: 514-393-7700

Fax: 514-393-7703

Mtl_bmo_security_operations@bentallkennedy.com

SUN LIFE BUILDING PARKING FACILITY INDIGO

514-393-8820, extension 2554

The General Assembly of the United Nations has declared 2016 to be the “International Year of Pulses.”



Did you know that pulses (legumes such as lentils, peas, beans or chick peas) are a major source of protein and plant amino acids, and that they can be produced with much less water than other sources of protein? For example, while it takes only 50 litres of water to produce a kilo of leguminous vegetables, it can take as much as 13,000 litres to produce a kilo of beef! The much smaller environmental footprint of pulses makes them the clear ecological choice.



Yoga and meditation classes

If you work long hours sitting at your computer, you would be wise to a micro-break every hour or so to do some light stretching. It would also be a good idea to take a longer break in the middle of your work day. Once again this year, yoga classes will be offered by Jennifer Kruidbos, a qualified instructor. These new sessions will take place on Tuesdays, Wednesdays and Thursdays in Suite 1020 (10th floor). If you need further information or are ready to sign up, please contact Jennifer Kruidbos at 514-207-9549. You can also audit a class if you like, free of charge!



HATHA YOGA – Tuesdays, from noon to 12:45 p.m.

Align your body and mind while being led through each posture mindfully and incorporating your breath for renewed vigour!

HALF-AND-HALF – Wednesdays, from noon to 12:45 p.m.

Enjoy 20 minutes of a feel-good yoga session and 20 minutes of relaxation. This popular class is the perfect way to relieve stress, better control your emotions and develop mental strength.

VINYASA FLOW – Thursdays, from noon to 12:45 p.m.

After a hectic week, these pleasant stretching and posture sessions will relieve the tension in your shoulders and hips, and they'll do you a world of good!

Work projects

Due to its advancing age and the material used in its outside cladding, the Sun Life Building's great looks and architectural soundness require painstaking maintenance. As of this coming spring, we will carry on with the restoration work we started last year. We will be cleaning the granite surface on the south side of the building, facing René-Lévesque boulevard, and we will inspect and repoint the building's western façade.

In addition, for your added safety, the fire alarm panel and its thousand-odd components (red manual stations, red telephones, and smoke detectors) will be replaced over the next few weeks with leading-edge fire detection technology.

Defibrillator

The Sun Life Building is now equipped with an automated external defibrillator (AED), which will be kept in the Security Department's operations centre on the ground floor. The great thing about this device is that it requires no particular training. Moreover, if someone does have a heart attack, it can substantially increase the person's chances of survival. In the event of a medical emergency, first dial 911, then call Building Security at 514-393-7700 to report the incident. An agent will be dispatched to the scene to assist you until an emergency team arrives.



Our foundation is
service

Next issue of the *What's new?* newsletter

Do you have any **comments** or **questions**? Do you have a **topic** for an article or an **announcement** that you would like to publish in our next issue? Please don't hesitate to contact us by e-mail (nbordeleau@bentallkennedy.com), by phone (514-393-7725) or by fax (514-393-9820).

