

ForeverGreen Film Festival Guide

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Top 5 life hacks for developing *A Sustainable Mind*



One of the most anticipated movies of the year, *A Sustainable Mind* premiered over the weekend to roaring praise from critics. The movie told a story of a man who dared to see a world where there was no such thing as wasted resources – everything had a purpose, and so did he!

We know that there are simple actions that we can take to reduce our environmental impact – easy things like recycling, taking shorter showers, carrying a reusable cup and so on. However, most of the time our default behaviours can get in the way.

Here are 5 ways to ensure you act on your sustainable thoughts this year:

- 01.** Put a bright sticker on your mobile phone charger as a reminder to disconnect once the phone is charged.
- 02.** Place a “Flip the Switch” sticker near light switches to remind yourself and others to turn off the lights when exiting a room.
- 03.** Keep reusable bags where you can see them so that the next time you go grocery shopping, you don’t have to opt for plastic bags.
- 04.** Learn by Playing – treating any new behaviour as a game can help establish it. Challenge your co-workers or members of your household to see who can recycle the most, use the least amount of paper, or carpool most often.
- 05.** There’s an app for it. Mobile and desktop applications like Beeminder, Joule Bug and Habitgrams can prompt you to hold yourself accountable to sustainable actions.

Dr. Sweaterman in 2017: A Space Heating Odyssey



The sequel to one of the biggest science fiction movies of all time lives up to the hype. Instead of transporting the audience to outer space, the movie makes us confront the reality of indoor building spaces, where we spend 90% of our time.

It tells the story of a mysterious artifact discovered underneath a desk by Dr. Sweaterman. The artifact is a space heater which not only sucks up electricity and adds to energy bills, but is also a fire hazard and a safety risk. Space heating accounts for 63% of energy used in the average home and a third of home heating fires are caused by space heaters!

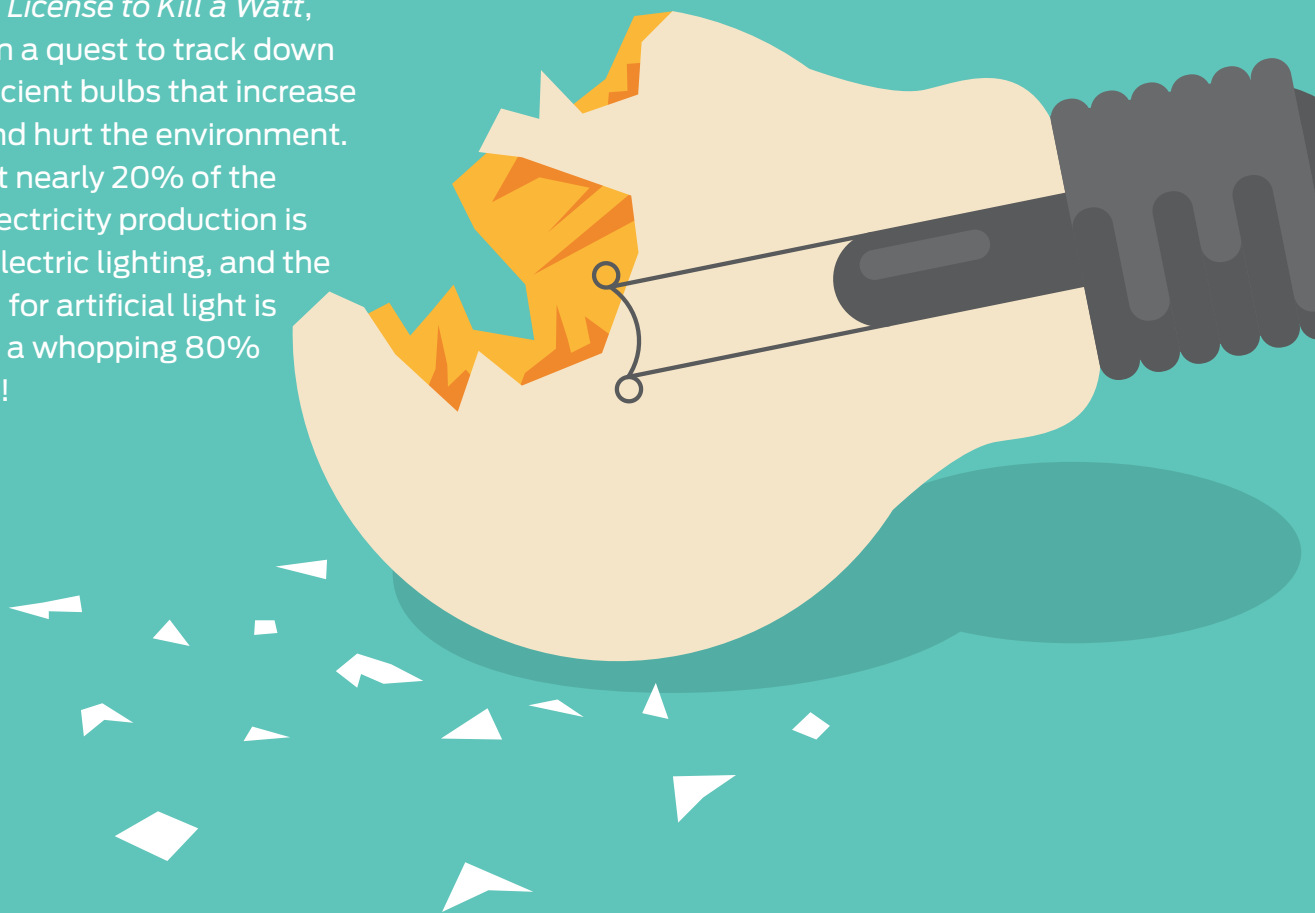
While leading the charge to remove these energy-hogging space heaters in his office, Dr. Sweaterman also discovered that he can control the thermostat in his home to his

advantage. By turning the thermostat back 1-3° C for 8 hours a day from its normal setting, he could save as much as 10% a year on heating and cooling.

After turning down the thermostat by two degrees, Dr. Sweaterman glided through the building space in his cozy sweater. Dr. Sweaterman's journey through space ends on a positive note, and shows that humans can overpower machines like space heaters and thermostats for the sake of energy efficiency, safety, and their wallets.

LED is back for revenge in *License to Kill a Watt*

Like all villains, incandescent bulbs and MR16 halogen bulbs consume a lot of energy. In *License to Kill a Watt*, James LED is on a quest to track down all energy inefficient bulbs that increase energy costs and hurt the environment. LED knows that nearly 20% of the world's total electricity production is consumed by electric lighting, and the global demand for artificial light is projected to be a whopping 80% higher by 2030!



So join him and start knocking out incandescent bulbs by:

- Installing lighting controls which can reduce costs by 30-50%
- Upgrading to LED or T5 lighting
- Installing energy efficient spotlights
- Turning off unnecessary lights or adjusting lighting levels to suit the task
- Using fixtures and lamps which carry the ENERGY STAR logo

With his slick bright charm and energy efficiency ways, LED lasts up to 25 times longer than incandescent and halogen bulbs, and up to three times longer than most CFLs. He will continue to operate under the license to kill a watt for years to come.

This month, pay homage to James LED and participate in Earth Hour by turning off your lights from 8:30-9:30pm on March 25th 2017.

We have the power to stop the Phantom, says the star of *The Phantom of the Outlet*



We caught up with Gerard Switch, the lead actor of the movie, *The Phantom of the Outlet*

Q: Your character is obsessed with phantom power in the movie. What did you do to prepare for this role?

A: I did a lot of research on why phantom power matters. I didn't know this earlier, but plug loads account for about 33% of building energy consumption, which is more than heating, cooling, or even lighting. Electronic devices left plugged in, even when turned off or in standby mode, use significant amounts of energy. That's called phantom power. It is the hidden ghost lurking in everyone's offices and homes. Televisions, home entertainment systems, desktop computers, dryers, video game consoles, and printers are some of the biggest contributors to phantom power. Getting into the skin of this character came very naturally to me, since phantom power is something we unknowingly obsess over.

Q: What do you think the audience can do to eliminate phantom power in their workplace and homes?

A: The movie is a cautionary tale. It shows that our obsession with phantom power can unnecessarily bump up our energy bills. I would recommend the audience to follow four steps to exorcise the phantoms of the outlet:

- **Unplug unused or rarely used devices.** If your cell phone has finished charging, unplug the charger, and make sure to turn off task lighting when you are away from your desk. Check with your IT department to see if there are any policies against shutting down your work computer at night.
- **Put known energy hogs that don't need to stay on 24/7 on an advanced power strip.** This way, you can turn off multiple devices with the flip of just one switch. Consider, using a "smart" power bar to automatically turn off equipment when not in use.
- **Adjust the power settings on your computer, game console, and TV.** For instance, don't use screen savers, instead, set your computer to go to sleep after 15 minutes (or less) of inactivity, dim the brightness control, and turn it off when you've finished using it.
- When the time comes to replacing your electronics or appliances, **consider ENERGY STAR products with low standby power use.**

By reducing phantom power, you can slash up to 10% on your energy bills.

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 2017 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.



6 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