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## Vancouver 2010: counting down the year

*By Nicholas Ilyin*

With just over a year left until the games begin—spanning from the Richmond Oval in Richmond, BC all the way up the Sea-to-Sky highway to Whistler, BC—all of Vancouver is preparing in anticipation for the much-awaited Olympic Games in February 2010. In this issue, we look at the progress and development of the various venues and improvements in and around the Metro Vancouver area. The question now remains: how far have we come and how much do we have left to do in the little time that remains? 

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# The latest on the Vancouver 2010 Olympics

By Sherry Chen

As the 2010 Olympics near, Vancouver is being transformed into a city with a new look and a new spirit. The spirit of the games is surrounding us—at the workplace, at schools and in our communities. So how exactly has Vancouver transformed itself? Let us look at some of the developments in the city to welcome the Olympic Games.



Olympic venue in Whistler, BC

## Recapturing the past

In 2008, Vancouver saw the successful completion of various sporting venues. In the summer, the public opening of the Whistler Sliding Centre and the Whistler Olympic/Paralympic Village provided tourists and locals with great opportunities for a firsthand experience on one of the world's most sophisticated ski resorts. The completion of the UBC Thunderbird Arena and the Richmond Olympic Oval showcased some of the finest Canadian engineering and architectural designs that will undoubtedly leave lasting impressions on those who visit the city.

## Living the present

While Vancouverites may find additional detours to get around all of the construction, the Canada Line project is on its way to the finish line. As one of the major developments in the city, the new Skytrain route will connect Richmond to the Vancouver city centre—covering both the Vancouver Airport and the Olympic Village. This will definitely be an exciting addition to the upcoming Games—with a better developed transportation system that is ready to welcome guests from all over the world.

## Looking into the future

The Olympic Torch Relay will be the largest one in Olympic history, reaching ninety percent of Canadians in 106 days. It will be a great opportunity for Canada to showcase the spirit of its people and heritage, and to unite Canadians in celebrating the Games as a nation-wide event. Online applications to become a torchbearer are



Richmond Olympic Oval speed skating venue in Richmond, BC

now open. All Canadians can apply, provided they are committed to contributing towards a better society and environment. We will soon find out who the lucky 12,000 individuals are that will be given the honour of carrying the Olympic torch across Canada.

As the city progresses towards a better future for the Games, the business community also faces greater social responsibilities. John Furlong, the CEO of the Vancouver Organizing Committee, has called upon Vancouver business communities to take an active part in Vancouver 2010 Olympics through leadership, support of athletes and celebration of Olympic spirit. [S](#)



Athletes Village construction in Vancouver, BC

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## Etiquette at work—a guide to modern business manners

On October 23, 2008, **Anna Montesano**, branch manager for **Robert Half International**, spoke to LOT and CYP students about etiquette at work.

Anna mentioned eight important tips for proper etiquette at work:

- a) **Etiquette Matters**—Dress well and show courtesy.
- b) **Handshakes**—Have firm handshakes and make eye contact.
- c) **Make an inventory of contacts**—Invest in a business card scanner to keep track of your contacts.
- d) **Engaging in conversation**—Avoid group of two people ganged in a passionate conversation. Instead, find someone alone or in a large group.
- e) **Never forget your business cards!**—Remember to bring at least eight with you because any normal business lunch has eight spots so you will have enough for everyone at your table.
- f) **Meetings**—Most people spend 40 per cent of time in meetings. Some tips to make meetings productive: curb excessive discussion, don't monopolize the floor, don't be late, have a start and end time and stick to it, and make eye contact with the speakers.
- g) **Email**—65 per cent of communication is relayed through email. Don't reply-all needlessly, be specific in your subject line, don't check your email when speaking to someone, and keep emails brief.
- h) **Cell phones**—Be aware of ring tones and silence your phone immediately if needed.

Go online to find more informative workshops to attend at

[www.boardoftrade.com](http://www.boardoftrade.com)

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## Sustainability and the Vancouver Olympics

By *Christine Ramage*

**In relation to the 2010 Olympics, the Vancouver Olympic Organizing Committee** defines sustainability in two ways—first as being able to use our resources wisely today so that future generations are able to enjoy and utilize them, and second, as the goal of environmental footprint reduction.

There are multiple projects planned and already being executed in regards to the sustainability of the upcoming Olympics; cutting-edge environmental initiatives will be showcased—both at existing and newly-constructed venues. Such initiatives include reusing rainwater at the Richmond Oval, adding 'green roofs' to the Vancouver Olympic and Paralympic Village and donating wood debris from mountain venue sites to regional stream habitat restoration projects.

At the Whistler Sliding Centre, the refrigeration plant will capture waste heat generated through the cooling process. This 'captured heat'

will then be transferred to other buildings on site—resulting in cost savings over time with the accompanying reduction in energy demand.

There are three pillars to the Olympic Movement: Sport, Culture, and Environment. The Environmental pillar encompasses the "going green" movement. There is a sustainability team in place—the goal of which is to expand the achieved benefits, not just to the human population, but to the local wildlife as well.

The local bird and fish habitats will see the positive impacts of the sustainability team's efforts. The creation of habitat corridors throughout green spaces will facilitate urban habitat nodes for birds. The development of the Vancouver Olympic Village has also been credited with improving water quality in False Creek by creating additional fisheries and aiding in cleanup of inlet contamination. §

*There are three pillars to the Olympic Movement: Sport, Culture, and Environment.*

## Jeffrey Buttle—an Olympic profile

By *Rajbir Malhy*

**Jeffery Buttle was born in Smooth Rock Falls, Ontario** on September 1, 1982. He began skating at age two and competing at age six. Throughout his career he lived in Barrie, Ontario and trained at the Mariposa School of Skating. Jeffery studied chemical engineering part-time at the University of Toronto before taking time off to focus on his skating career. He is the 2008 World Champion and the 2006 Winter Olympic bronze medalist.

Jeffrey Buttle made his appearance on the international figure skating scene in 2002 when he won the ISU Four Continents Championship—a victory he repeated in 2004. He placed eighth in his world debut, receiving tribute to his artistry and musicality. In 2005 he earned his first World Championship medal and in 2006 he was the leading skater on the Canadian Winter Olympic

team, winning the bronze medal. In 2008, the World Championship gold medal was his—he was the first Canadian man in 11 years to win the title. Two very strong performances placed him on top of the podium.

Off the ice, Buttle is the athlete representative on the *Skate Canada Officials Advisory Committee*. In previous years, Buttle has choreographed programs for other figure skaters, and for three years during his competitive career, Buttle toured with Stars on Ice during the off-season. Being World Champion does come with some off-ice perks as well. Buttle was an invited guest at the *Juno Awards* and was a guest on Canada's No.1 comedy show—*Air Farce Live*. He has also made his talk show debut with an appearance on *The Hour*. §



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# Networking your way to Beijing: a former LOT student's Olympic experience

By *Yuliya Talmazan*


**For Rebecca Cheung, a former LOT student,** attending a networking event lead to an experience of a lifetime—working for a hospitality company during the 2008 Beijing Olympics. Rebecca has been a member of The Vancouver Board of Trade for three years now: first, as an LOT student, and later as a co-chair of the LOT Events Committee. Already employed as an Area Marketing Coordinator with Investors Group, Rebecca was interested in getting involved with the Vancouver 2010 Olympics, so she attended numerous networking events in hopes of finding an opportunity for involvement.

One of the networking events that Rebecca attended through The Vancouver Board of Trade was a luncheon with the president of Jet Set Sports, the official Olympic corporate hospitality service provider. In the course of the event, Rebecca approached the president and expressed her interest in getting involved with the Vancouver 2010 Olympics, but she was told that the company was currently hiring managers for Olympic operations in Beijing. Rebecca applied, got an interview and landed a six-week contract as an Assistant Program Manager with the company.

Once in China, Rebecca had a very quick transition into a new business and cultural environment, and had to learn quickly under pressure. Her job consisted of managing corporate tours of over 500 VIP clients. Cheung was responsible for managing everything from the Olympic ticket distribution and excursions to hotel accommodations and meals. “The way business is done in China is very structured. People are taught to follow instructions,” says Rebecca. “One of the challenges that I faced in Beijing was helping our

local hosts to think ‘outside the box’ when unforeseen circumstances occurred, because when it comes to the Olympics, anything can happen,” laughs Rebecca.

*“You have to understand that not every networking conversation you have will bloom into a work opportunity. I knew I had to be persistent. In the end, I networked my way to Beijing so it really paid off for me.”*

students is to attend as many networking events as you can. When I was an LOT student, my mentor was Darcy Rezac, who co-wrote a networking guide *The Frog and Prince*. The best advice that my mentor gave me was to attend one networking event each week. As Darcy says in his book, ‘You have to kiss a lot of frogs before you find your prince.’ You have to understand that not every networking conversation you have will bloom into a work opportunity. I knew I had to be persistent. In the end, I networked my way to Beijing, so it really paid off for me.” 

While really busy during her stay in China, Rebecca still got to attend many sport and cultural events during the Olympics. “This was definitely a once-in-a-lifetime experience. I had access to an overwhelming number of Olympic events including opening and closing ceremonies, which were probably the highlight of my trip!”

Reflecting on her Olympic work experience, Rebecca says, “My word of advice for LOT



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## UPCOMING EVENTS

Executive Roundtable Series with Ernst and Young: February 27, 12-1:30pm

Executive Roundtable Series with Scotiabank: March 5, 12-1:30pm

CA Speaker Series Event Sponsored by The Institute of Chartered Accountants of BC: March 16, 5-7pm

Working Super Fair, Brought to you in Partnership with The Vancouver Sun and Province: March 31, 10-6:30pm

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