

SEED

SUSTAINABLE • ENVIRONMENT • ENERGY • DESIGN

OCTOBER BULLETIN

aTRR's Sustainability Committee also known as SEED, is alive & thriving and we are so excited to be here to support the staff at aTRR in sustainable efforts in architecture, design and everyday life! As part of our newest committee initiative, the SEED team will be publishing a quarterly newsletter to inform staff about committee updates, project spotlights, news and upcoming events!

For our first newsletter we would like to introduce the SEED team and tell you a little bit about who we are and what we do!

OUR MISSION IN ACTION

We are just getting started, but have already accomplished so much! Here's what we've been up to:

- Dived deep into sustainable materials, passive design, carbon-neutral approaches, and next-gen systems
- Evaluated groundbreaking technologies and certifications
- Crafted internal tools (guides, checklists, and slide kits) to weave sustainability into our design process

MEET THE TEAM

oakka



LEED EXPERT

Oakka is a LEED Green Associate who cares deeply about sustainability and energy-efficient design. He enjoys exploring practical and creative ways to make projects more environmentally responsible while keeping them functional and visually appealing. He believes even small design choices can make a meaningful difference when it comes to reducing waste, saving energy, and improving the quality of life for the people who use a space. Oakka is always interested in learning new approaches, materials, and technologies that help create buildings that are kinder to the environment and more sustainable for the future.

sam



WELL EXPERT & MARKETING LEAD

As a WELL Accredited Professional, Sam brings specialized expertise in applying the WELL Building Standard to interior environments, ensuring that spaces positively impact occupant health, comfort, and productivity. This accreditation reflects Sam's dedication to aligning design practices with measurable outcomes in air quality, lighting, acoustics, biophilic integration, and other aspects of human-centered design. By combining sustainability principles with WELL certification strategies, she champions a holistic approach that considers both environmental responsibility and human wellness. Her work demonstrates how design can serve as a catalyst for healthier lifestyles, stronger communities, and a more sustainable future.

benny



LEED EXPERT & COMMITTEE COORDINATOR

Benny believes sustainability is an intrinsic part of architecture, though it only came to the forefront after the global oil crisis of the 1970s. Over the decades, it has become a central focus in architecture, engineering, and urban design. As a LEED Accredited Professional, he values the system's holistic approach to energy and environmental design and finds it highly relevant to his work. His motivation to join the Sustainability Committee stems from a desire to learn from peers with expertise across different areas of sustainability.

WHAT IS SEED?

- Sustainable
- Environment
- Energy
- Design

SEED is a collaborative committee made up of your fellow aTRR tree huggers that want to make the world a greener place. We focus on sustainable practices in the architectural field and we are here to offer a sustainable lens on any project, educate the team, and lead the green initiative for architects Tillmann Ruth Robinson!

We are comprised of individuals with various backgrounds and certifications in LEED, WELL, Passive house and more! SEED is always looking for new members, if you want to join our sustainable squad let us know!

WE'RE HERE TO HELP

The SEED committee provides a variety of offerings for aTRR projects

- LEED Checklist for projects
- Project Sustainability / LEED certification peer review
- WELL Checklist for projects
- Project WELL Certification peer review
- Project Energy Modeling
- Project Analysis including Sunlight / solar, Carbon, Energy usage etc.

We are also committed to sharing our research and knowledge with staff by providing:

- Weekly Postings
- Quarterly Bulletins
- Quarterly Presentations
- Site Visits
- Green Initiatives



did you know ...



THE CONSTRUCTION INDUSTRY PRODUCES AN ESTIMATED TOTAL OF 30% OF ALL GLOBAL WASTE

bryce



ARCHITECTURE CONSERVATION EXPERT

Bryce has an undergraduate degree from Carleton University in the field of Conservation and Sustainability having worked on many capital projects while in Ottawa such as the restoration of the Parliament Hill East Block building. He has since acquired a Masters of Architecture at Laurentian University bringing forward his background in Conservation and Sustainability to focus on mass timber and other renewable construction methods and materials. The focus of his thesis was on Rehabilitating the former Windsor Arena as a Restorative Justice Center, by using architecture as a catalyst for change in the lives of Young Offenders in the Windsor area.

eleanor



RESEARCH, KNOWLEDGE HUB & PR LEAD

Eleanor holds a Master of Architecture from the University of Toronto, with a strong interest in the integration of sustainability through both policy and practice across various scales of design. Her interest bridges research and application, emphasizing the importance of knowledge sharing as a tool for meaningful impact in the built environment. She is driven by how sustainable strategies can be embedded into architectural thinking from building materials to urban policy.

dave



BIOMIMICRY, ICE & SUSTAINABLE TOOLS EXPERT

Dave's passion for sustainability stems from a fascination with what can occur at the intersection of nature and technology. He is captivated by various forms of biomimicry including the iridescent colour in a peacock feather being composed by microscopic structure rather than pigment, and how sperm whales reduce drag through nodules on their fins and in the arrangement of their pods. He's excited by the potential of exploring these connections and finding ways to bring biomimicry and environmental intelligence into architectural practice.

"We live in an incredible time where these lessons from nature can be translated directly into the built environment through design and technology."

SUSTAINABLE SITES

attr project spotlight

ELEMENT 5

ST. THOMAS ONTARIO
\$55 M
400, 396 SF

Element5 continues to advance sustainable construction by reducing the industry's carbon footprint through innovative mass timber solutions. Their newly completed office and plant expansion in St. Thomas, Ontario, embodies this mission—serving both as a high-performance workplace and a living showcase for the company's own cross-laminated timber (CLT) and glulam technologies. The two-storey office forms part of a major facility expansion designed to highlight the strength, beauty, and versatility of mass timber. Many of the building's structural components were produced on-site in the adjoining plant, which now features a state-of-the-art automated glulam production line. The plant's large-span timber structure and striking "fish belly" beams further demonstrate the material's engineering potential.

Inside, the office features open work areas, private offices, and multipurpose zones arranged around a central kitchen and café that extends toward the surrounding landscape. Expansive glazing and exposed wood finishes create a warm, inviting atmosphere that supports well-being and productivity. On the exterior, the expressive timber structure celebrates the craftsmanship and sustainable ethos behind Element5's work. The expansion marks a major milestone in the company's mission to lead the adoption of mass timber and promote a more sustainable future for the construction industry.

PROJECT TEAM

- McMichael Ruth
- Bill Sargent
- Matt Naraine
- Scott Townsend
- Alex Polito
- Bryce Engberts

Looking for more info on this project? Ask one of the experts! Join us November 6th for our quarterly presentation that features Element 5!

alex



SUSTAINABLE STRATEGIES & BUILDING TECHNIQUES EXPERT

Alex holds a Bachelor of Architectural Studies and a Master of Architecture from Laurentian University in Sudbury. During his studies, he developed a strong foundation in hands-on building practices as well as sustainable and community-focused design principles. His interest in the Sustainability Committee comes from his education, but also an inherent interest in bettering the world through architecture and design. He is specifically interested in low-cost, low-tech sustainability initiatives that better architecture and design from a basic level. He looks forward to working with the Sustainability team to learn about this topic within the office!

mcmichael



NET ZERO & CARBON NEUTRAL DESIGN EXPERT

McMichael holds a degree in Architecture from the University of Toronto and is a LEED Accredited Professional in New Building Design and Construction. He believes that integrating sustainability into every aspect of our work is essential to improving the health of our planet and our communities. Within the firm, he has led several sustainability-focused projects, including the net-zero energy work at Sifton's West 5 community and the net-zero carbon-ready renewal of the Robert Bateman Community Centre. His involvement in the Sustainability Committee reflects his commitment to embedding sustainable design more deeply into our processes and projects.

kinga



PASSIVE HOUSE & ENERGY MODELLING/ IMPACT ANALYSIS EXPERT

Kinga's love for sustainability started at home, with simple habits taught by her parents. Since then, she's joined sustainability clubs at university, presented at international conferences, published articles, and explored sustainable buildings across the Netherlands while studying in Amsterdam. She also assisted a Polish Professor and Architect with research on rising sea levels and resilient building typologies, developing a system for structures that could withstand hurricanes and floods. She later completed Zero-Energy Design at TU Delft and a Passive House/Zero Carbon course, and now focuses on Environmental Impact Analysis and Energy Modelling.



WEEKLY POSTINGS

Stay caught up on all things sustainable by following our teams channel!

Click [here](#) to join

Recent posts that might interest you:

- What is Sustainability
- Limberlost Place
- BU Student Union LEED
- ITECH Research Pavilion
- Ha/f Climate Design
- Adaptive Reuse
- Passive House 101
- Bricks for Bees!
- Zibi Development one Planet Living
- Bamboo - Beautiful, Strong, Sustainable
- Transit Oriented Development
- The Geometry of Belonging
- Ladybug Tools
- Sustainability Beyond the Building
- Waste into Walls: Straw bale Architecture
- Environmental Product Declaration

Have a Topic in mind? Let us know! We love to explore new ideas in sustainability and architecture and share them with the team!

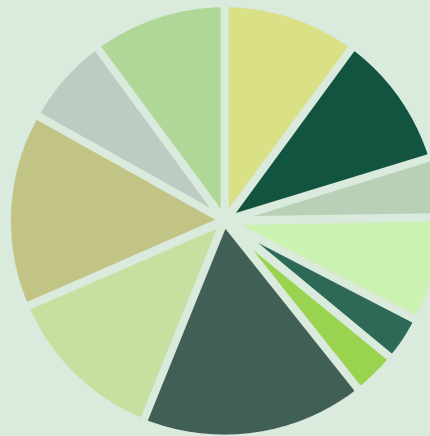
UPCOMING EVENTS

- SEED Committee Presentation - November 6th
- Sustainable Project Site visit - TBD

SURVEY SAYS...

We launched a survey to gather some feedback from the staff on our Weekly Sustainable Postings and the results are in. Here's what aTRR is saying:

- The majority (62%) of respondents have no preference on length of posts with 25% preferring a shorter post with links.
- 53% of respondents expressed that the weekly posts are too frequent with a total of 47% reading them every week.
- 87% of respondents find the posts to be useful
- There was a high interest in attending sustainable site visits and quarterly live sessions.
- Below are the topics aTRR staff are most interested in:



- Energy conservation / Efficiency
- Health & Wellness in built environment
- Sustainable commuting
- Waste reduction
- Food sustainability
- Climate change
- Innovative ideas & technology
- Sustainability in urban design
- Sustainable materials
- Rating Systems / Certifications
- Bio-mimicry / biophilic design

Thank you everyone who took the time to complete the survey and give us feedback!

Stay tuned for more exciting things from your SEED Committee in the future!

