

DCV Online Newsletter

Fraud Prevention Month

March is Fraud Prevention Month. Led by the Competition Bureau, the Fraud Prevention Forum helps Canadians avoid becoming victims of fraud by raising awareness on how to "Recognize it, Report it and Stop it."

Did you know that simply erasing your hard drive does not guarantee that all of your private information is non-retrievable? Asset Investment Recovery has two media shredders in Victoria, both available

to the public and government organizations.

"EDDIE" the Shredder (Evil Destroyer of Delicate Internal Electronics) is the only industrial hard drive shredder of its kind in Western Canada, and is capable of shredding electronic media to a particulate size of 3/4 inch. "EDDIE Jr." tears up cell phones, Blackberries, and CD-ROMs into small pieces that can be recycled.

Prices for destruction range from \$2 for each hard drive,

\$1 for each handheld device, and 50 cents per kilogram for flexible media. Using our shredder, you can rest assured that the security of your data is our primary concern and regardless of whether it is a hard drive, handheld device or CD, every single piece of electronic media will be completely destroyed beyond recovery!

Watch a video of the shredder in action [here](#). You can drop off your media at 4234 Glenford Avenue, Victoria, from 8:30am to 3:30pm.

3M Privacy Film For Mobile Devices

This privacy film allows users to use their mobile device without having private information become public. The film has a light matte finish to reduce glare, and is easy to apply and remove.



Online Training For Fraud Prevention

Open School BC has three public sector e-training courses relating to fraud prevention. To learn more about these courses and view the multimedia samples, visit the Open School BC [info page](#).



Identity Proofing Awareness Training: Build awareness of the importance of identity authentication by following a systematic process during any transaction.



Freedom of Information and Protection of Privacy Training: Discover how this Act relates to you and your role as a government employee with this interactive, multimedia-rich, online course.



Protection of Information Awareness Training: Learn how to protect sensitive information with this online course that will introduce you to proven methods of security.

Cleaning Cloth Towels

Multipurpose cloths suitable for all industrial and institutional cleaning tasks. Perfect for use with the Green-Works natural cleaning supplies.

#7920014001 \$17.73/pack



Bluetooth Speakerphone

Bluetooth in-car speakerphone that clips to your car's sun visor. The voice announcement feature provides connectivity and battery status information, and can announce the name of inbound callers. The Bluetooth also allows you to stream and control stereo music from your phone to your car or home stereo.

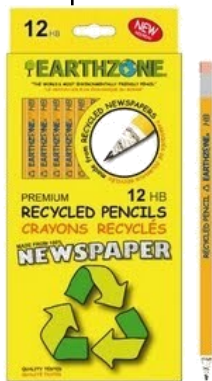
#7520368105 \$89.89



Recycled Pencils

Premium non-toxic pencils made from 100% post-consumer recycled newspaper and white glue.

#7510401006 \$2.50/pk



New Products!

The DCV is always bringing in new, exciting, useful products to offer you at unbeatable prices.



Smoked Salmon Pâté in Cedar Box

One can of B.C.'s smoked salmon pâté packaged in a red cedar box featuring a silk-screened Haida graphic by artist Don Yeomans.

#9999840705 \$10.95



Swissgear Laptop Case

This carrying case features a full organizer in the front compartment and a back web strap to fit over an upright handle.

#8460013021 \$41.50



Personal Size Hand Sanitizer

Soapopular hand sanitizer in a convenient personal size- perfect for a locker, purse, drawer or in the car.

#7920014030 \$2.75



Variety Pâté in Net

This net contains a catch of all three SeaChange signature pâtés, (Smoked Salmon, Crab, and Lobster), presented with a cedar key tag silkscreened with a Canadian maple leaf. A perfect gift from Canada for the seafood lover.

#9999840704 \$16.95



Pentel Slicci Gel Pens

Sleek and stylish design with quick-drying liquid ink that produces ultra-smooth and precise lines. Refillable and made of 87% recycled plastic.

#7520603280-87 \$2.05 each



PSS Tours

AIR and DCV - March 16th, 9am to 10am
BC Mail Plus - March 4th, 9am to 10am
Queen's Printer - March 11th, 9am to 10am
Visit the [PSS Tours website](#) to register.

Find Ralph

In each newsletter, keep track of where the image of Ralph is hidden. At the end of the year we will have a contest for readers to submit the locations of where he was hiding in each issue.



Winner Of Umbrella

Congratulations to **Madeleine Kilcullen** of Prince George, who won the draw for the Olympic umbrella. Thanks to everyone who submitted questions– you may see them in upcoming issues.



Green Your Office

For your office, can you drop the temperature by two degrees? Just bring in a sweater to compensate for the difference.

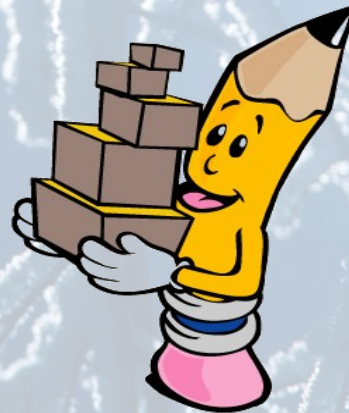
Green Your Life

Did you know that by putting a dry towel in the dryer when drying wet clothes it will absorb some of the moisture and speed up the drying process? This saves both time and of course energy.

Q: What are the shipping costs and delivery times to offices outside of Victoria? Can you arrange for shipping to outside of BC?

A: Shipping for office orders is always free within BC. For employee purchase, shipping is free for orders \$25 or over. For orders under \$25, the shipping cost is \$5. Delivery times across the province is 3 to 5 business days.

If you want your order to be shipped outside of BC or Canada, it is best to have the order delivered to you, then for you to look after the subsequent shipping.





Nutrition Month!

March is Nutrition Month! Across Canada we are celebrating and reinforcing the importance of nutrition in achieving premium health and wellbeing. Nutrition Month celebrates its 29th anniversary this year.

Healthy eating combined with a realistic exercise plan is the formula to maintaining optimal health and avoiding illness. In *Start Fresh!* two former Olympians present a practical guide to food, fitness and staying on track with a healthy lifestyle. Diane and Doug Clement give you the tools to assess your own health and set realistic goals, and provide personal exercise plans and nutritious recipes.

Sections include how and why to get active, how healthy you are now, how to eat right, and recommended fitness and meal plans. The recipes, such as Watermelon and Olive Tapenade

Carpaccio Salad, Artichoke Frittata, Chicken Saltimbocca, and Lime Mousse with Tropical Fruit are simple, wholesome and include nutritional info per serving. Try the Roasted Red Pepper Hummus recipe below.

The authors Dr. Doug and Diane Clement currently reside in Vancouver, BC. Diane is an accomplished chef, former restaurant owner, author, and former TV show host. Doug taught and practiced sports medicine for over 20 years at the University of British Columbia. Both have been honoured with several awards, including the Queen's Jubilee medal, Order of Canada and the Canadian Olympic Hall of Fame. Very active individuals within their community, the couple was recognized by the city of Richmond with the creation of the Clement Track.

Heart Healthy: Hummus

Hummus is known as one of the oldest prepared foods with a long history in Middle East cuisine. It's a good source of protein and fiber, and when combined with rice or whole grains, it makes a complete protein. Hummus is high in iron and vitamin C, and has significant amounts of folate and vitamin B6. It contains good monounsaturated fat, with plenty of Omega 3s from the olive oil. In addition, hummus has a low glycemic value and also has a large amount of trypto-

phan, phenylalanine, and tyrosine, which are mood lifters.

Hummus is very versatile and can be served with flatbread, crackers, or tortilla chips. Garnishes include chopped tomato, cucumber, cilantro, paprika, parsley, whole chickpeas, hard-boiled eggs, olives and pickles. It makes a tasty dip, and can be added to sandwiches and wraps.

Hummus is a staple in the DCV office! There is usually a platter hummus and carrots out to keep DCV employees satiated, happy and healthy.



#9999840706 \$26.95

Roasted Red Pepper Hummus

Ingredients:

- * one 14 oz/398 mL can chickpeas
- * 1 1/3 cup roasted red peppers
- * 1/4 cup lemon juice
- * 1/4 cup tahini (sesame paste)
- * 1 clove garlic finely chopped
- * 1/2 teaspoon cumin
- * 1/2 cup sesame seeds
- * 1/2 cup olive oil
- * fresh ground pepper to taste

Preparation:

Drain the chickpeas and rinse them with cold water. Purée everything but the olive oil in a blender or food processor. Gradually add the olive oil. If the mixture seems dry, add more oil. Cover and refrigerate until needed.



The DCV Olympics

Joining in the spirit of the 2010 Winter Games!



Animal Health Branch Olympics



Thanks to the Animal Health Branch (Agriculture Operations Division, Ministry of Agriculture and Lands) in Courteney, BC, who sent in pictures of their office Olympics. The office gave the winner of their competitions an official Olympic umbrella from the DCV.



In The Next Issue of the DCV Newsletter

- * 100 Mile Diet book review
- * Sustainable products feature:
 - Earthzone recycled pencils
 - palm leaf dishes
 - EarthLust water bottles
 - corn plastic products
 - GreenWorks cleaners
- * New products
- * Pictures of the DCV Olympics
- * Green Your Office tip
- * Green Your Life tip
- * Earth Day ideas
- * Q: How does the DCV verify a company's eco-friendly claims?

Bookmark the DCV

Online Store at:

www.dcv.gov.bc.ca