

DCV Online Newsletter

www.pss.gov.bc.ca/dcv/

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ISSUE 7

Our Commitment To Sustainability

The DCV is committed to bringing you office products at the best value, with a wide variety of green options whenever possible. Our dedication to being an eco-friendly office became evident years ago when we began carrying the latest green products.

Today we always consider the more eco-friendly option when selecting new products to bring in. We recognize that before long, green will not be a trendy word, but something that is understood to be a part of every-day business.

Make sure to bookmark the DCV Online Store:
www.dcv.gov.bc.ca

We have established an office green team, composed of some Citizens' Services green team members and other employees. Occasional meetings allow our DCV green team to pass on communication from the ministry green team to the rest of the



Deb and Wendy at an Earth Day event in 2009.

office. We think of ways to make our office more earth-friendly, such as setting up prominent recycling bins, looking into composting, and finding employee-donated TVs for our lunch room.

Our partnership with BC Mail Plus allows us to further our

sustainability pledge. Through our green tote program, BC Mail Plus delivers orders in reusable bins to many offices in Victoria.

The DCV is committed to sustainability and is open to ideas of how we can become even more environmentally-friendly.

The DCV Green Tote Program

The DCV green tote program began as a way to improve our sustainability. While cardboard shipping boxes are reusable and recyclable, they only last so long. The DCV realized that using green bins for shipments within Victoria is much more eco-friendly. Pairing with BC Mail Plus, the program was launched in March 2009. Office locations taking part in the program:

- 8 Bastion Square
- 780, 810, 940, 1515, 1810 Blanshard



- 765 and 777 Broughton St
- 3962 Borden St
- 4460 Chatterton Way
- 928 Cloverdale Ave
- 1106 Cook St
- 716 Courtenay St
- 808, 1802, 3350 Douglas St

- 1195 Esquimalt Rd
- 818 Fort St
- 617 Government St
- 835 Humboldt St
- 2975 (3rd floor) and 2995 Jutland Rd
- 2261 Keating X Rd
- 2814 Nanaimo St
- 800 Johnson St
- 595 Pandora St
- 7851 E. Saanich Rd
- 525, 563 (2nd floor), 620 Superior St
- 94 Talcott Rd
- 780 Tolmie Ave
- 4000 Seymour St

- 345 Wale Rd
- 174 Wilson St
- 836 Yates St

If you would like to join the program, please contact Wendy.Charlton@gov.bc.ca and soon reusable green totes will be arriving at your desk! To help with the program's success, please make sure the bins get back to the DCV by dropping them off at your office collection point.



Earth Day Ideas

Since its beginning on April 22nd, 1970, the objective of Earth Day has been to raise awareness of the effect that our everyday activities have on the environment. Here are some ideas for your office to take part in this Earth Day:

1. Encourage biking or public transit for the week. If possible, provide bus tickets for employees who need to attend meetings within the city.

2. Form an office green team. It can be responsible for finding ways to improve office recycling and energy use, coordinating transit and carpool services, and organizing earth-friendly events.

3. Hold a green challenge. Have your co-workers pledge to use cloth shopping bags for the whole week, be paper-free for the day, or clean up your office grounds one lunch hour.

4. Organize an environmentally-friendly potluck at lunch, or set



some dishes out for people to snack on. Choose items that are locally-grown, in season or organic.

5. Invite co-workers to lead lunch workshops on topics such as vegetable gardening, alternative fuels or composting. You could also just put on an educational video one lunch hour, such as a David Suzuki video or Planet Earth episode.

6. Bring in a few household plants to brighten your desk and the office. Plants are known to help recycle the air and absorb harmful pollutants.

7. Start a donation jar to raise money for an environmental cause of your choice.

Remember that every day should be Earth Day. Learn about the simple, little changes you can make to improve environment sustainability, and put these into practice every day.



Green Your Life

Search for used items online or at garage sales instead of going straight to buying new. Visit the [2010 Olympic Asset Sale](#) in Delta to find gently used appliances, tools, electronics, kitchen utensils, and other miscellaneous items. New Olympic clothing and other items are also available. Online bidding takes place at www.bcauction.ca.



Green Your Office

Fridges in office lunchrooms are easily neglected. Check to see they are running properly, and that the seal is holding and not leaking air. If your fridge is over 10 years old, consider using the [Fridge Corporate Supply Arrangement](#) to purchase an Energy Star fridge at pre-determined discounted rates.

Q: There are a lot of products on the market that claim they are green or eco-friendly. Do you have any processes in place that to verify this or is the manufacturer's claim accepted at face value?

A: Just like you, we ask questions and use common sense. In other words, when someone says a product is eco-friendly, we want to know what is making it eco-friendly. Our ideas of "eco friendly" include:

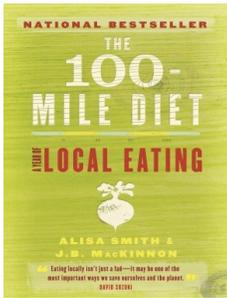
- Recycled materials used
- Reused materials, ie. toner cartridges
- Does the manufacturing process save energy, water, materials or the environment in some way?
- Is it degradable?
- Certifications like SFI, FSC, etc.

Not all these need to be present, but at least one must.



Check your Ministry's [Carbon Neutral Action Plan](#). Many ministries are mandated to use recycled paper from the DCV.





The 100 Mile Diet: A Year of Local Eating

The 100 Mile Diet: A Year of Local Eating chronicles the adventures of two Vancouver writers in their year-long endeavour to eat only food grown and produced within 100 mile radius of their apartment. Alisa Smith and J.B. MacKinnon put themselves up to the chal-

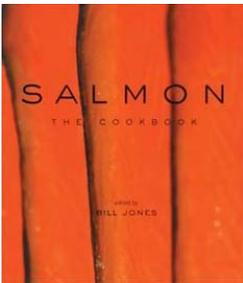
Why Eat Local?

- 1) Taste the difference
- 2) Know what you're eating
- 3) Meet your neighbours
- 4) Get in touch with the seasons
- 5) Discover new flavours
- 6) Explore your home
- 7) Save the world
- 8) Support small farms
- 9) Give back to the local economy
- 10) Be healthy
- 11) Create memories
- 12) Have more fun while traveling

#9999840707
\$17.95

lenge after discovering that the average North American follows the "SUV diet", where each ingredient has typically travelled at least 1500 miles. Their escapade drew global media attention, inspired thousands, and turned an idea into a movement.

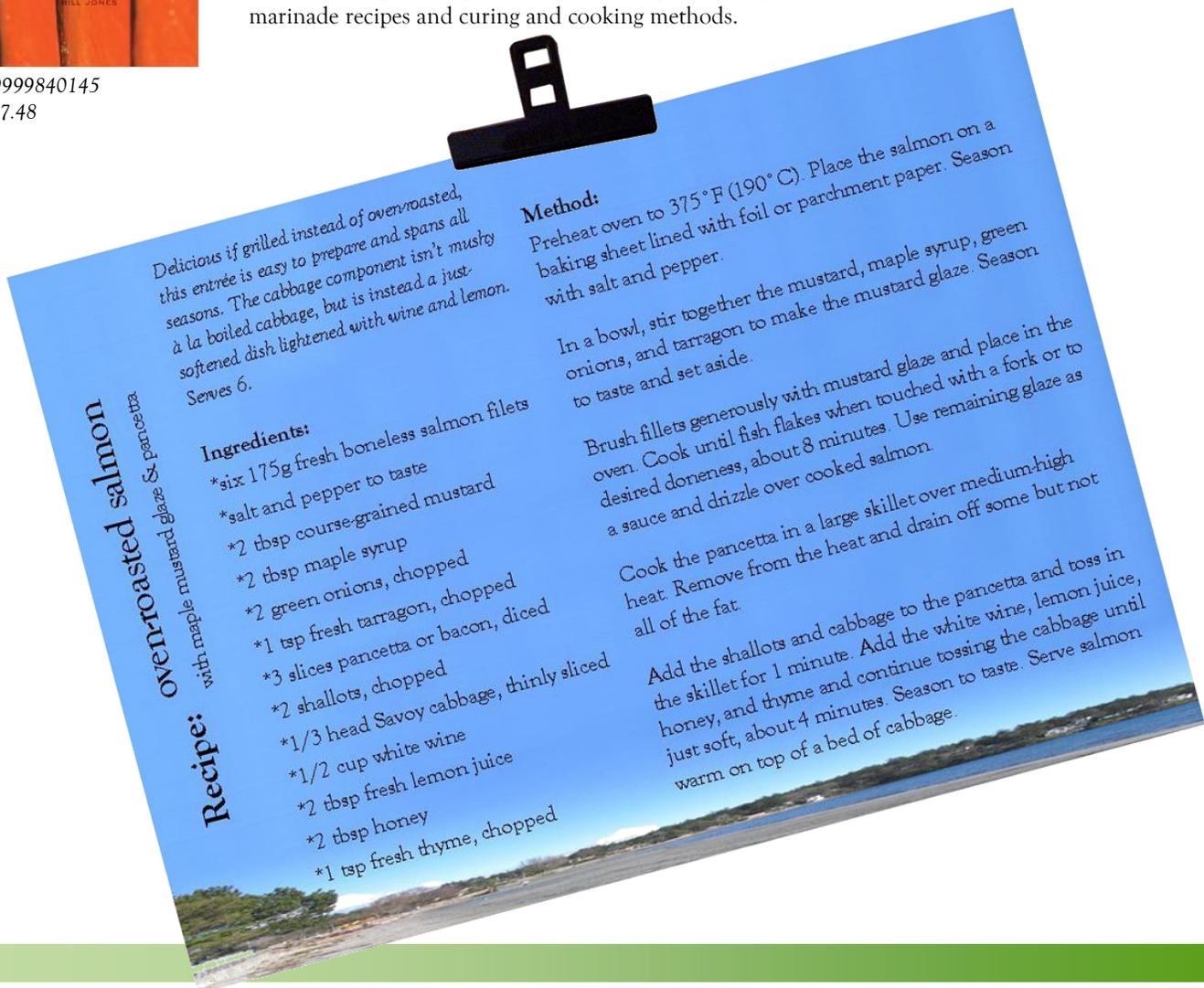
This Earth Day, treat yourself to a meal prepared entirely with food grown and produced within 100 miles of your house. You will have fun creating the menu and cultivate a greater appreciation of the Pacific Northwest.



Salmon: The Cookbook

As residents of BC, we are lucky to have fresh, wild salmon available to us. This highly nutritious, versatile fish can be cooked in a variety of ways that will never have you bored. *Salmon: The Cookbook* explores over 120 recipes, complete with full color photos. Organized by meal course, the book also offers marinade recipes and curing and cooking methods.

#9999840145
\$17.48



Over-roasted salmon
with mustard, maple glaze & pancetta

Delicious if grilled instead of overroasted, this entrée is easy to prepare and spans all seasons. The cabbage component isn't musty à la boiled cabbage, but is instead a just-softened dish lightened with wine and lemon.
Serves 6.

- Ingredients:**
- *six 175g fresh boneless salmon filets
 - *salt and pepper to taste
 - *2 tbsp course-grained mustard
 - *2 tbsp maple syrup
 - *2 green onions, chopped
 - *1 tsp fresh tarragon, chopped
 - *3 slices pancetta or bacon, diced
 - *2 shallots, chopped
 - *1/3 head Savoy cabbage, thinly sliced
 - *1/2 cup white wine
 - *2 tbsp fresh lemon juice
 - *2 tbsp honey
 - *1 tsp fresh thyme, chopped

Method:

Preheat oven to 375°F (190°C). Place the salmon on a baking sheet lined with foil or parchment paper. Season with salt and pepper.

In a bowl, stir together the mustard, maple syrup, green onions, and tarragon to make the mustard glaze. Season to taste and set aside.

Brush fillets generously with mustard glaze and place in the oven. Cook until fish flakes when touched with a fork or to desired doneness, about 8 minutes. Use remaining glaze as a sauce and drizzle over cooked salmon.

Cook the pancetta in a large skillet over medium-high heat. Remove from the heat and drain off some but not all of the fat.

Add the shallots and cabbage to the pancetta and toss in the skillet for 1 minute. Add the white wine, lemon juice, honey, and thyme and continue tossing the cabbage until just soft, about 4 minutes. Season to taste. Serve salmon warm on top of a bed of cabbage.

New Products



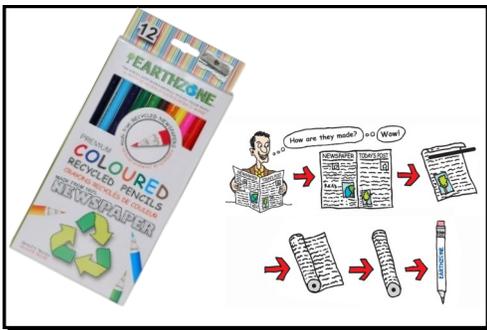
Stainless steel water bottle with a screened print and screw top with carabiner. EarthLust bottles are hand made from high quality stainless steel, and are a custom design. Most of the line is limited edition. To clean the bottles, use a baking soda or diluted white vinegar wash to preserve the clean, neutral taste over time (brush as needed).

#99998407689-703 \$17.50- \$24.00



Watercolour print of Wickaninnish Beach by Darryl Albert. Darryl is a watercolour and stained glass artist living and working in Victoria, British Columbia. His use of vibrant colour was influenced by the Chinese watercolour artist Ming Ma, whom he studied under for two years. Darryl's work captures the tranquility of the West Coast.

#9999840717 \$49.95



Earthzone pencils are made of 100% recycled, post-consumer newspaper and require no raw materials or toxic chemicals. The airtight manufacturing process makes the pencils very durable. They are of professional quality, come pre-sharpened in 12 different colours, and the erasers are latex-free. Earthzone is based in Vancouver.

#9999840732 \$4.25



BC First Nations peoples used bentwood boxes, constructed from a single piece of West Coast Red Cedar, to store precious possessions. Traditionally the wood is taken from a live tree, but Spirit Works uses only recycled or salvaged cedar. The outside of the box is coated with a water based finish, while the inside has been left raw to emit the fragrance of cedar.

#9999840732 \$42.00



Astunning collection of 110 photographs of Vancouver is presented in this elegant coffee table book. The photos of the city and its surrounding natural environment are in a wide panorama format, and accompanied with inspirational quotes. Karl Herrmann is widely recognized for his imagery, both in motion picture cinematography and still photography.

#9999840715 \$39.95



"The time is always right, to do the right thing."

Martin Luther King Jr.



"Leap and the net will appear."

Julia Cameron



*"When you realize there is nothing lacking,
the whole world belongs to you."*

Lao-Tzu

*Excerpts from Pacific Spirit- Vancouver
#9999840715, \$39.95*

**In The Next Issue
of the DCV
Online Newsletter**

- * Free Avery templates
- * New products
- * Q: With the new financial model for Shared Services goods and services, will we still be issued bills for the DCV products?

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DCV Olympic Photos



Rubber Band Archery



Soccer Ball Kick



Post-it Note Fencing



Biathlon



Olympic Rings Hula Hoop



Biathlon



Office Product Toss



Post-it Note Fencing



Olympic Rings Hula Hoop