

BSB Bulletin

November 18, 2009

State House News

State House Roof Project

- JK Skanlan will erect a crane on the right side of Mt Vernon Street (from the Senate President's portico to the Bowdoin Street gate) this Thursday, November 19. The arrival time of the crane is approx 6:30 am.
- JK Skanlan and Greenwood Roofing are continuing the work on the Bullfinch Portico throughout the week.

State House Elevators

- All lifts and elevators are operational at this time, except for the one located outside Doric Hall on the 2nd floor. The installation of this new lift is ongoing.

McCormack News

McCormack Weekend Lighting Control

The lighting control system in the McCormack Building is now operating on an 8:00 am to 6:30 pm schedule Monday through Friday. Lighting is no longer available automatically on the weekend.

If an agency needs to work on Saturday or Sunday, that agency must request a lighting control schedule override from the Control Center at least 12 hours prior. Please use the Lighting Control Layout for your floor that has been sent to each liaison.

Security Awareness

Motorcycle Parking

Please be reminded that Motorcycle parking ends on November 30th, 2008. Information on Motorcycle Parking for 2010 will be available in the Weekly Bulletin and through agency parking liaisons in March, 2010.

Thank you,
BSB Security Group

ID Cards have to be returned

Agency liaisons must notify BSB's Security Department and return the photo ID cards to BSB immediately when an employee leaves state service. Agencies wishing to participate in BSB Photo ID program must understand that Photo IDs remain the

property of the Commonwealth and that the agency must maintain control of the ID and return it to BSB whenever an individual is no longer employed by the state.

Thank you,
BSB Security Group

What's Happening this Week?

Influenza Q&A for Executive Branch Agencies

This document is intended to assist state agencies in preparing for workplace issues that may arise during an outbreak of influenza or other communicable disease. An outbreak is an occurrence of disease greater than otherwise expected in a particular place and time. It may be small and localized, or affect thousands of people across a continent.

Novel swine-origin influenza A (H1N1) is a new flu virus first detected in the United States in April of this year. Because this is a new virus, most people have little or no immunity against it, and illness may be more widespread as a result. This H1N1 is now causing a worldwide pandemic and it is expected to return in the fall. In the United States, most people who have become ill with H1N1 have had typical flu symptoms and have recovered without requiring medical treatment. To prevent transmission of H1N1, the U.S. Centers for Disease Control and Prevention (CDC) and the Massachusetts Department of Public Health (DPH) have issued guidance on how to prevent the spread of influenza.

The symptoms of influenza include: fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills and fatigue. The CDC and DPH recommend that sick individuals stay home for 24 hours after fever resolves without the use of fever lowering medications, such as acetaminophen or ibuprofen containing products.

Children have accounted for 60-70% of cases of the H1N1 flu cases. CDC has identified certain populations that are at higher risk for complications with any sort of influenza:

- Children less than 5 years old
- Persons aged 65 years or older
- Children and adolescents (less than 18 years) who are receiving long-term aspirin therapy and who might be at risk for experiencing Reye syndrome after influenza virus infection
- Pregnant women
- Adults and children who have chronic pulmonary, cardiovascular, hepatic, hematological, neurologic, neuromuscular, or metabolic disorders; or immunosuppression (including immunosuppression caused by medications or by HIV);
- Residents of nursing homes and other chronic-care facilities.

In the case of H1N1 pandemic influenza, children are most at risk of getting infection, but pregnant women and individuals with asthma and obesity seem to be at most risk of complications. The elderly are less like to get infected (thought to be due to residual immunity from prior exposure to similar viruses), but when infected, are at higher risk of complications.

See the second part in next week's edition

Recycling Information



The Bureau of State Office Buildings Environmental Impact Report for October 2009



Based On the Number of Recyclables Collected During the Month of October the Bureau of State Office Buildings Have Saved Money And Conserved the Environment

MA State House

59.38% - Percent Recycled On October

233 Adult Size Trees
95,970 Gallons of Water
5,347 Gallons of Oil
56,211 Kilowatt Hours of Electricity
69 Cubic Yards of Landfill Space
823 Pounds of Pollution

We Have Collected 27,420 Pounds of Recyclables from Your Building Totaling 13.71 Tons

J.W. McCormack Building

50.01% - Percent Recycled On October

373 Adult Size Trees
153,720 Gallons of Water
8,564 Gallons of Oil
90,036 Kilowatt Hours of Electricity
110 Cubic Yards of Landfill Space
1,318 Pounds of Pollution

We Have Collected 43,920 pounds of Recyclables from Your Building Totaling 21.96 Tons

Charles F. Hurley Building

58.36% - Percent Recycled On October

218	Adult Size Trees
89,810	Gallons of Water
5,004	Gallons of Oil
52,603	Kilowatt Hours of Electricity
64	Cubic Yards of Landfill Space
770	Pounds of Pollution

We Have Collected 25,660 Pounds of Recyclables from Your Building Totaling 12.83 Tons

Erich Lindemann Building

37.61% - Percent Recycled On October

60 Adult Size Trees
24,850 Gallons of Water
1,385 Gallons of Oil
14,555 Kilowatt Hours of Electricity

18 Cubic Yards of Landfill Space
213 Pounds of Pollution

We Have Collected 7,100 Pounds of Recyclables from Your Building Totaling 3.55 Tons



Environmental Recycle Impact Report for October 2009

Environmental impact report for the month of October 2009 for all sites at the government complex. Based on the number of recyclables collected during the month of October 2009, the State Buildings have saved money and conserved the environment. We have collected 104,100 pounds of recyclables from all sites totaling 52.05 tons.

Congratulations and good work!!! To all who contributed by doing their part!

2009 - October Waste Stream Report

October - 09	Rubbish Tons	Recycled Tons	Total Tons	% Recycled
Charles F. Hurley	9.15	12.83	21.98	58.36%
J.W. McCormack	21.95	21.96	43.91	50.01%
State House	9.38	13.71	23.09	59.38%
Erich Lindemann	5.89	3.55	9.44	37.61%
Total	46.37	52.05	98.42	52.89%

- Number of trees saved 885
- Oil saved (gallons) 20,300
- Water conserved (gallons) 364,350
- Waste diverted from landfills (Cubic Yards) 260
- KWH energy saved 213,405
- Pollution prevented (pounds) 3,123

How's your Pest Control?

Cooler weather is on the way and the outdoor pests are going to try to find a warm home for the winter months. How people maintain their workplace during the day is important for pest control. Here are a few simple tips to help you keep pests out of your workspace.

- Do not keep open or unsealed foods in desks, file cabinets or lockers. If you need to keep food nearby, keep it in tightly sealed plastic containers. Plastic bags will not prevent pests from sharing your food.
- Clean up all crumbs and spills as soon as possible since they attract pests
- Do not over-water plants. Sopping wet soil or water in overflow dishes provides a water source for pests.
- Keep your work area, particularly the floor, neat and organized are easier for the cleaners to vacuum.

Greening Tips

8 Easy Green Thanksgiving Tips

by Lauren Hasler

The holiday season is officially in full-swing, and Thanksgiving marks the beginning of big family dinners, extensive gift shopping and elaborate decorations.

But the season isn't all turkey, stuffing and pie. According to RecycleWorks, from Thanksgiving to New Years Day, household waste increases by more than 25 percent.

So, start off your holiday season on the green foot by making a few small, eco-friendly changes this Turkey Day. It's easy to get the entire family involved, have fun and decrease the burden on your wallet as well.

This year, opt for local and organic foods for your broccoli-squash casserole or pumpkin pie.

Photo: Amanda Wills, Earth911.com

1. Shopping for Food

Before you rush to eat yourself into a Tryptophan-induced coma, take a minute to think about where your food comes from.



Photo: Amanda Wills

When shopping for your Thanksgiving meal, keep two words in mind: *organic* and *local*. These keywords will guarantee a fresher, more nutritious meal.

If you buy local, not only can you enjoy fresh food, but you will also support your local economy. Check for farmers' markets, family farms, community-supported agriculture programs and U-Pick options in your area for the freshest produce, eggs, dairy and grass-fed meat. Also, consider buying organic wines to be more eco-conscious without sacrificing quality or taste.

Also, don't forget the vegetarians at your table. The Vegetarian Resource Group estimates that 3 percent of Americans, between 6 million and 8 million adults, are vegetarians. For example, the Organic Consumers Association developed a healthy vegetarian Thanksgiving menu which includes stuffed acorn squash with corn bread dressing and chestnut gravy.

If you're going to have a large crowd, buy food in bulk to reduce packaging waste and save money. And of course, bring your own reusable shopping bags to the grocery store.

2. Crowd Control

At least 28 billion pounds of edible food is wasted each year – more than 100 pounds per person. One of the best ways to reduce your waste this Thanksgiving is to plan ahead for the meal and practicing portion control.

Use Less Stuff created a handy list of approximate per person food and drink portions:

- Turkey- 1 pound
- Stuffing- ¼ pound
- Sweet potato casserole- ¼ pound
- Green beans- ¼ pound
- Cranberry relish- 3 tablespoons
- Pumpkin pie- 1/8 of a 9 inch pie

After the meal, evaluate how many people were present and how much of each dish was consumed. By keeping track each year, you can make a more efficient, less wasteful Thanksgiving meal in the future.

3. Do Something Fun!

Instead of firmly planting yourself in front of the TV for the day, consider getting some fresh air or playing a board game. Take advantage of the time together with friends and family while decreasing your energy usage.

Try bundling up and playing some football outside instead of watching it. Split the whole family into teams and get everyone involved. Make sure the winners get to go through the pie line first!

4. Traveling Tips

According to Use Less Stuff, if each family reduced holiday gasoline consumption by 1 gallon (about 20 miles), we would reduce greenhouse gas emissions by 1 million tons. Invite nearby friends and family and neighbors to your house for Thanksgiving dinner and encourage them to do the same.

If you must go over the river and through the woods to Grandmother's house for Thanksgiving, turn down the thermostat and turn off the lights to save energy while you're gone.

Now you finally have a use for that china! Try to avoid disposable dinnerware to cut down on waste.

5. Setting the Table

There are many options when it comes to table setting, all dependent upon how many guests will be present at your Thanksgiving celebration. If it is going to be a small gathering, get out your nice china for the occasion. Cloth napkins are also a plus.



Photo: Amanda Wills for

If you're expecting a big crowd, organize it like a potluck and ask your guests to bring dishes and silverware for themselves. If disposable place settings are your only choice, opt for biodegradable and compostable utensils, napkins and plates, such as those from Biodegradable Store.com.

The average dishwasher uses between 7 and 15 gallons of water per cycle. After the meal, be sure to fill the dishwasher to capacity before running it to save water and energy.

6. Crafty Decorations (Yes, You Can Do It!)

Add a little extra elegance to your table with homemade decorations. Most materials can be found in your craft cupboard or backyard. Have the kids chip in with a pre-Thanksgiving craft day.

Here are some ideas to get your creative juices flowing:

- Acorn napkin ties
- Dried leaf place cards
- Corn or leaf print place mats
- Pinecone turkeys
- Painted gourds
- Festive fall arrangements of pumpkins or corn cobs
- Make your own cornucopia

If there is a tablecloth or other decorative item you've been eying, make sure it's a purchase you'll be happy to reuse in the future. Some decorations can even become new family traditions.

7. Lose the Leftovers

Once the party is over, it's time to decide what to do with all that leftover food. Don't forget to donate your leftovers to a food bank or nearby homeless shelter. And remember to compost your food scraps.

If you decided to buy your Thanksgiving supplies in bulk, the containers from your various products are perfect for storing large quantities of leftovers. Make sure your guests leave with a portion of extra food to take home. After all, one of the best Thanksgiving traditions is noshing on leftover turkey sandwiches and mashed potatoes for lunch the following weekend.

8. Recycling Isn't a Chore

Last, but not least, get back to the basics and recycle. Encourage your guests to pitch in and clearly mark recycling bins. Recycling all packaging, as well as any beverage containers, will significantly reduce the number of times you have to take the trash out, as well as the amount of garbage you send to the landfill.

Article retrieved from www.Earth911.org

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If you are interested in contributing your agency's activities, to the BSB Weekly Bulletin send all **information by 12 p.m. Wednesday**