

DCV Online Newsletter

Countdown To The Olympics

The countdown to the Olympics is on. We will be hosting athletes, sporting fans and the press from around the world and literally millions will watch the events on television. It is an exciting time for British Columbians because the rest of the world will see why we have chosen to live in the "Best Place on Earth".



Show your spirit and help support Canadian athletes by purchasing 2010 Olympic

products from the Host Province Collection. These products are only available to BC Government employees and will only be available until the end of the Olympics.

Our favourite products include the elegant umbrella and the ceramic mug- large enough for any caffeine-fiend. The sweaters, which are sophisticated and timeless, are made by BC's own Kootenay Knitting Company. To show your support and order your 2010 products, visit the [Show Your Spirit 2010 Online Store](#).



These items make great gifts for you and your family or for employees you wish to recognize.

What is your office doing to commemorate the Olympics? Send us your reply and let us

know. At DCV we are planning a short 15 minute sporting challenge each day at morning coffee while the Olympics are on. It will range from hula hooping (in the spirit of the Olympic rings), soccer kicks at targets and golf putting to crosswords with the names of Olympic sporting events. Watch for photos in future newsletters.



"Personal Declarations For The Upcoming 365 Days"

New year's resolutions can range from improving health and finances to helping others and the environment. To increase your chances of succeeding in whatever resolution you set, here are some tips. Goals should be:

- 1) *Realistic.*
- 2) *Measurable.* "Lose 5 lbs" is better than "Lose weight".
- 3) *In a time frame.* "Lose 5 lbs

over 4 weeks" is even better.

- 4) *Visualized.* Set a vivid picture of you achieving your goal.
- 6) *Written down and read often.* Studies show that goals have a higher chance of being met when written down. Review them frequently to see if you are making progress.
- 8) *Shared.* Tell your friends and family about your goals and they will support you.
- 9) *Rewarded.* Treat yourself when you reach your goal with a movie, a new book, fresh flowers or a lazy morning in bed.

Here at DCV some of us are taking part in our own Biggest Loser challenge. A couple of us are going to quit smoking through hypnotherapy and the Quittin' Time program. (When one of managers quit smoking last year he rewarded himself with a Puggle puppy!) If your goal is to be more athletic, sign up for the TC 10K. If you would like to be more environmentally-conscious, join your ministry's Green Team.

"Don't start living tomorrow, tomorrow never comes. Start working on your dreams and ambitions today" - Unknown



Got some new gadgets over the holidays? Remember to drop off your old computers, TVs and printers to Asset Investment Recovery on 4243 Glanford Avenue, where they will be recycled safely and responsibly.



Scones with Crème Fraiche and Champagne Rose Petal Jelly

Ingredients:

- * Artisan Edibles Champagne Rose Petal Jelly
- * 1 3/4 cup whipping cream
- * 2 tablespoons buttermilk
- * 2 cups sifted flour
- * 4 teaspoons baking powder
- * 3/4 teaspoon salt
- * 1 tablespoon light brown sugar
- * 1/4 cup butter
- * 2 eggs, beaten
- * sugar and cinnamon (optional topping)



#9999840171, \$10.50

Preparation: Crème Fraiche.

Whisk 1 cup whipping cream and 2 tablespoons buttermilk together. Add to a glass container, cover with a kitchen towel, and let stand in a warm place (about 26° C) for 8 to 24 hours. Stir well, cover the jar tightly with plastic wrap, and place in a refrigerator for several hours so that the cream chills and thickens to a rich velvety texture. Use within 10 days.



Preparation: Scones.

Preheat oven to 425°F. Sift the dry ingredients together and cut in the butter with a wire pastry cutter. Beat eggs until light, then mix them with 3/4 cup whipping cream. Add this liquid mix to the dry ingredients, stirring as little as possible. Roll or pat the dough to about 2 cm thick. Cut into wedges, form individual scones, or leave in a circular loaf. Place on greased and floured baking pan. Sprinkle lightly with cinnamon and sugar if desired. Bake for about 18 minutes until lightly golden.

Top scones with a generous layer of crème fraiche topped with Artisan Edibles Champagne Rose Petal Jelly.



Green Your Office

Instead of using a full fax cover sheet each time you fax, use a fax sticky note.



#7510481020, \$5.50

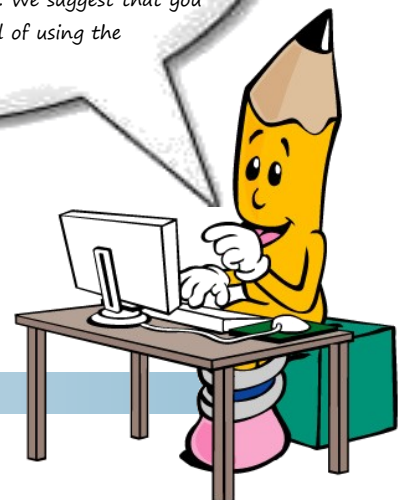


Green Your Life

If you are a smoker, consider quitting to help the environment. Herbicides and pesticides are used heavily in the growing of tobacco. It causes significant environmental damage to soils and water run offs where it is grown. The rest of it is not eliminated during the manufacturing process and ends up in your lungs. You don't have to stop on the 1st of the year, you can stop today.

Q: With your new online ordering system, why do many of the product numbers from the print catalogue come up invalid? If the item is out of stock, wouldn't an "Out of stock" message come up?

These are items that are no longer carried. A print catalogue is usually out of date when it hits the streets because during the time it took to print and distribute, a manufacturer has discontinued a specific product. The online store has the most up-to-date information. If it was a search for 2009 dated products by product number, then it was a coincidence due to the time of year. Those in the print catalogue have the number for the 2009 products and it is a different number for the 2010 products. We suggest that you browse the 2010 dated products instead of using the search feature.



Valentine's Day Shows

DCV is excited to be holding giftware shows in government offices around Victoria in early February. Just in time for Valentine's Day, these trade shows are efficient ways to pick up something for your loved ones during your break. Stop by to taste some edible gift samples, get a tactile sense of our clothing, and try on some jewelry. All items at the

shows can be bought on the spot with credit card, cash or debit. You can also arrange for lay-away.

If you would like to host a giftware show at your building, please contact Lynn Swinton at Lynn.Swinton@gov.bc.ca or 250 952-4466.

The confirmed dates are:

Tues, Feb 2 - 1810 Blanshard St
Thurs, Feb 4 - 1515 Blanshard St
Tues, Feb 7 - 4000 Seymour Pl
Thurs, Feb 11 - 2261 Keating X Rd

Procurement and Supply Services Tours

Have you ever wanted to see behind the scenes at Procurement and Supply Services? Now you can discover for yourself!

Procurement and Supply Services provides a vast array of essential services to the government and broader public sector, including office products, mail distribution, printing, procurement, publications, asset disposal, emergency preparedness products and educational resources.

We are hosting tours of our facilities and now is your opportunity to

witness our plant operations in full swing. The tours are an hour long and really allow customers, business partners and fellow public service employees understand how we work to provide these key services.

Visit the impressive DCV warehouse, meet some staff, browse our giftware showroom, and find out why we have a 97% customer satisfaction rating on feedback surveys!

Register for tours at: http://www.pss.gov.bc.ca/pss_tours/home.html

AIR, DCV, Giftware (9am - 10am)

Thursday, January 14
Tuesday, February 2
Wednesday, February 24
Tuesday, March 16

BC Mail Plus (9am - 10am)

Wednesday, January 20
Tuesday, February 16
Thursday, March 4

Queen's Printer (9am - 10am)

Tuesday, January 26
Tuesday, February 23
Thursday, March 11

Fitness Gear And Equipment

Looking for inspiration for a weight loss challenge? View the [ActNowBC website](#). You can take the World Healthy Living Challenge and buy products from the ActNowBC store. An essential fitness accessory for this time of year is the reflective bracelet. It means no more excuses for why you can't walk or run in the early mornings or evenings due to darkness.

If you prefer to work out inside, BC Government

employees have access to a [Fitness Club Membership Corporate Supply Arrangement](#), which allows public service employees to purchase gym memberships at discounted rates. The [Fitness Equipment Corporate Supply Arrangement](#) gives government employees discounts on exercise machines (rowing machines, free weights, exercise balls, treadmills, elliptical trainers, stationary bikes and bench presses).



#9999841811, \$2.25

Sometimes we order the same products that we have in the past because we don't know there are better ones available. An example of this is our lesser-known [Write On - Cling On Easel Sheets](#), which cling to the walls and windows with static. They are perfect when space is limited. Try them instead of the tradition easel.

