

CREATING AN ERGONOMIC OFFICE



So much time is spent in an office environment that it is important to ensure maximum comfort at your workstation. Uncomfortable working environments that allow for poor posture can lead to injuries. This in turn leads to lower productivity, and visits to the chiropractor or massage therapist to realign your body.

Every day hours are spent sitting at your desk. Make sure your workstation is comfortable and adjustable. The DCV has a **Fellowes Keyboard Tray** (#7110021007, \$237.50)

which ensures neutral hand and wrist position. The **Fellowes Keyboard Wrist Rest** (#7045041006, \$16.85) has a gel-filled wrist support. Hands, wrists and arms will benefit from wrist supports and help prevent repetitive strain injuries.

The **Fellowes Standard Footrest** (#7105011002, \$24.03) offers dual-position height adjustment to help your posture while sitting. The footrest's free-floating platform allows you to stretch your legs for increased circulation.

To help fight neck cramps from using a traditional phone, the DCV has over 15 **Plantronics** headsets. Again and again, Plantronics products offer superior sound, style and comfort.

Ergonomic variations have also been made for pens, pencils, and highlighters. An ergonomic barrel provides for optimum grip to alleviate hand cramps.

In addition, there is a **Light Touch 3-Hole Punch** (#7520641006, \$24.75) with a levered handle, which makes hole punching three times easier than comparable punches. The **X-Acto Stand Up stapler** (#7520721007, \$11.65) has a sensor grip that conforms to the unique shape of your hand.

Check out the **new arrivals** section in the DCV Online Store to see what exciting and innovative products have just come in!



Ergo Soft Pen, #7520602120, \$3

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EXTREME MAKEOVER: WORKPLACE EDITION

When you think of managing your business cards, you probably think of Rolodex. For more than 50 years the company has helped to keep important numbers, business cards and papers at your fingertips. The new [WoodTones desktop accessories](#) combine classic designs with a contemporary wood finish for a warm, elegant feel. The DCV has a variety of the new WoodTones products, which are available in matte black and mahogany.



Rolodex WoodTones Business Card Holder #7520363017, \$4.55



Rolodex WoodTones Front Load Tray #7520361095, \$14.50

The desk accessories include business card holders, pencil cups, paper clip holder, and letter trays. They feature non-skid feet to protect furniture and softly rounded edges for a contemporary look. The [paper clip holder](#) has a magnetic top to keep paper clips within reach. The [desk organizer](#) has four compartments to hold your favourite writing instruments, important pieces of paper, and smaller supplies such as push pins and elastic bands.

With a rich wood grain finish these desk accessories will add style to your workplace. Conveniently matching the WoodTones mahogany products are two Roman numeral desk clocks with gold accents. The [Ergo Clock Desk Set](#) makes a stately piece with two black ink gold pens framing the clock. The [Ergo Round Desk Clock](#) features a solid wood case and skeleton movement. Founded in 1966, Ergo has grown in Canada's premier manufacturer of specialty clocks.



Coat of Arms Wine Glasses #9999841034, \$39



Ergo Round Desk Clock #9999840752, \$64.95

Now that your workplace has added elegance, why not makeover your boardroom? The DCV has brand new [old fashion glasses](#) in that feature the B.C. Coat of Arms. The glasses are presented in a black box and match a large and a small B.C. Coat of Arms water jug. [Wine glasses](#) are also available with a laser etched B.C. rising sun logo or B.C. Coat of Arms. The items add class to meetings and are a must-have for any boardroom or executive office.

FEATURED RECIPE: *Lemon Ricotta Pancakes*

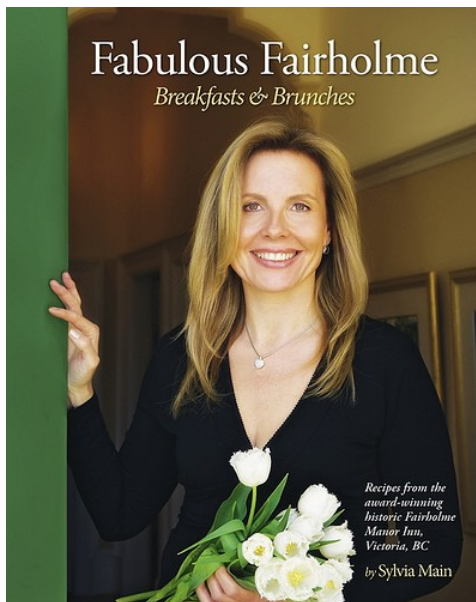
The *Fabulous Fairholme: Breakfasts & Brunches* (#9999840179, \$25.95) is a 142-page collection of delicious bed and breakfast recipes with beautiful pictures of our favourite breakfast and brunch dishes. Highlights include Oven Baked Pecan French Toast, Breakfast Cheese Soufflé, Blender Hollandaise, and White Chocolate, Cranberry and Orange Scones. Try the recipe for Lemon Ricotta Pancakes, which Fairholme guests phone in advance to ensure the dish will be available during their stay. This soufflé style pancake will melt in your mouth. A little tip: only flip once and do not flatten pancake after you flip it, which keeps it nice and light.

Ingredients:

- * 5 eggs separated
- * zest of 1 lemon or orange
- * 1 3/4 cups ricotta cheese
- * 1 cup milk
- * 1 cup all-purpose flour
- * 2 1/2 tsp baking powder
- * 1/2 tsp cup sugar
- * dash salt

Preparation:

Preheat griddle skillet on medium heat. Mix together the 5 egg yolks. Sift and mix the dry ingredients, then combine with the egg yolks, citrus peel, milk and ricotta. Beat the egg whites until stiff. Fold into the egg-ricotta batter very gently you do not want to stir at this stage. Lightly oil griddle and pour a pancake-sized amount on, using a 1/2 cup measuring scoop. Cook until bubbles form. Flip and cook other side until golden, but do not flatten. Serve with warm maple syrup and crème fraiche.



The award-winning heritage Fairholme Manor is located next to the Government House in Victoria, B.C.



RALPH'S PRODUCT REVIEW



Women's Business Tote
#8460013017 \$68.35

Features & Benefits:

- * removable padded laptop case
- * detachable cell phone holder
- * multiple interior and exterior storage pockets for business cards, PDAs, pens and pencils
- * interior zippered pocket for added security
- * detachable shoulder strap
- * padded handles
- * accommodates most notebooks
- * removable key tag
- * made from high quality stimulated leather



I give it two paws up!

Pros: looks very stylish

Cons: only comes in red



GREEN YOUR LIFE

Earth Day is next month, but today is a good time to set those valuable green habits in place. You can waste up to 4.5 litres of water while brushing your teeth, so remember to turn off the tap. Cut out food products that use wasteful packing such as packaged cheese, raisins, single portions, and Lunchables. Instead of receiving unnecessary gifts for your birthday, ask your friends to donate to a charity of your choice. And of course, always check the DCV's [Green Connection](#) category first when buying office products to find the most eco-friendly option.

Please note: The DCV Newsletter will be send out by Kate Cole beginning next month. Thank you to all the readers, especially the ones who were so quick to find Ralph or point out typos!

CONTACT INFORMATION

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