



# DCV Online Newsletter

## KEEP ON TRACK WITH AN AGENDA

It's hard to believe that it's almost November. The DCV still has 2012 dated products available so visit [the online store](#) now! There is a wide selection of agendas and paper refills for all your favourite products.

Why use agendas? They are easier to use and harder to misplace than cell phones or PDAs. A tactile planner is also good for taking quick notes- instead of using your finger to type on a small keyboard, any pen or pencil

can be used to jot things down. And there is something satisfying about crossing off items on a to-do list. You don't have to worry about agendas losing power and they are waterproof (to an extent). An agenda is also a great back-up for phone numbers in case you lose or break your phone.

Use your planner to keep track of deadlines, after work activities, appointments, phone numbers, addresses, and special days like anniversaries and birthdays. You can also keep business cards, handouts, event tickets, and other tokens in them.

Many dated planners at the DCV are made of recycled materials and offer features such as tear-off corners, spaces for notes, storage pockets, detachable address books, and colourful covers. They are a good gift to yourself to keep organized for 2012, or slip an agenda in the stocking of your favourite scatterbrain!

DISTRIBUTION  
CENTRE VICTORIA

[www.pss.gov.bc.ca/dcv/](http://www.pss.gov.bc.ca/dcv/)  
OCTOBER 24, 2011

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## REGISTER FOR A DISCOVERY SESSION IN VANCOUVER

There will be a Shared Services Discovery Session in Vancouver on Tuesday, November 15. Two sessions are available at the UBC Sauder School of Business at Robson Square; one from 9am to 11am, and the other from 1:30pm to 3:30pm.

Join us to discover what services and value we can provide to your organization. This is an educational, interactive session that will allow direct access to our staff to discuss how our products and services can help save you time and money.

Through value, innovation and experience, we offer more than just cost saving measures. Find out how to increase productivity with document scanning services, advertise procurement opportunities to over 40,000 suppliers through BC Bid, dispose of surplus assets through BC Auction, stay prepared with top-of-the-line emergency products, and improve accuracy and reduce data-entry time using iForms technology.

For more information and to register, please visit:  
<http://pss.gov.bc.ca/discovery>



SHARED SERVICES BC  
**DISCOVERY  
SESSION  
2011**

*You are invited*

**TUESDAY, NOVEMBER 15**



# RALPH'S PRODUCT SUGGESTION



Eco Alkaline Batteries #6135011030 to 033  
\$3 to \$3.25 per pack

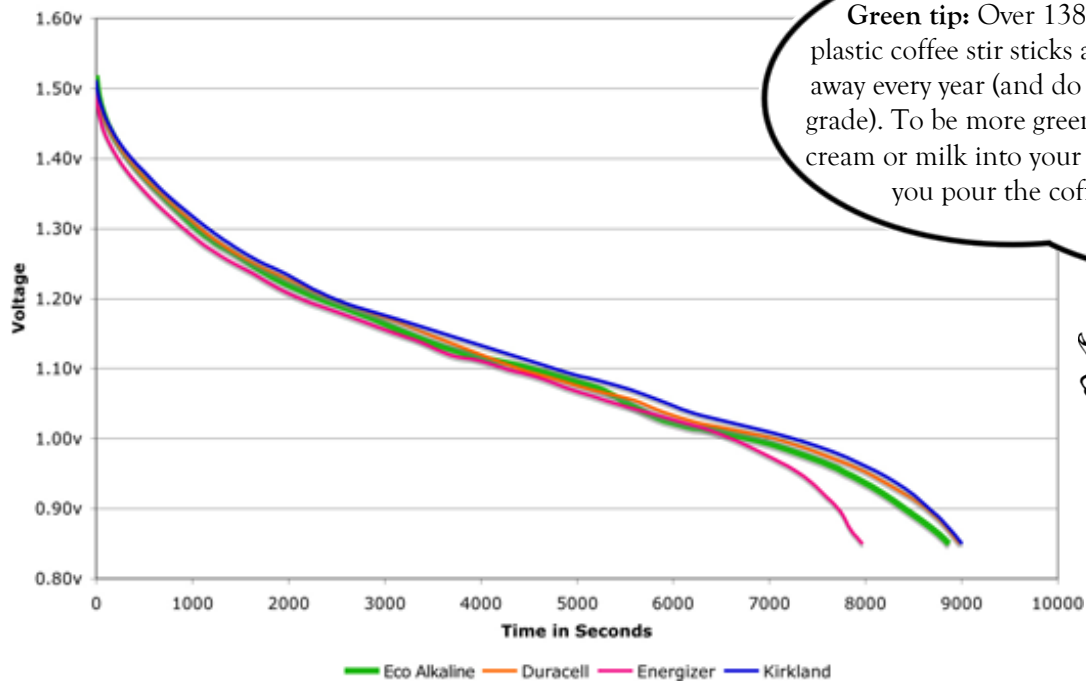


## Features & Benefits:

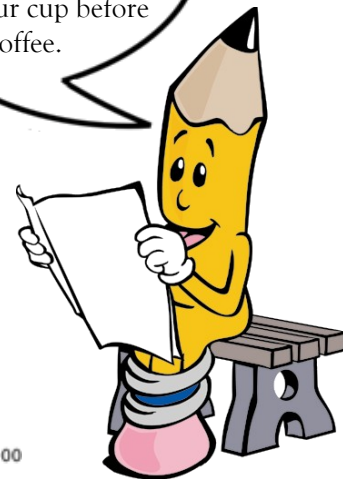
- \* the world's first (and only) carbon neutral batteries
- \* certified by Carbonfund.org
- \* contain at least 98% recyclable contents
- \* contain zero Mercury, Lead or Cadmium, while other brands have at least one of these harmful metals
- \* performance rivals that of national leading brands
- \* for every Eco Alkaline 4 AA battery pack sold, an average equivalent of 2.3 car kilometres worth of CO<sub>2</sub> is saved!
- \* considered landfill safe by Canadian and USA Environmental Protection Agencies



**Eco Alkaline vs. National Brands  
AA Alkalines Tested  
3rd Party Testing by Intertek Testing Labs**



**Green tip:** Over 138 billion plastic coffee stir sticks are thrown away every year (and do not biodegrade). To be more green, pour the cream or milk into your cup before you pour the coffee.



## FEATURED RECIPE: *Paneer Fish Cakes with Apple Fig Ginger Chutney*

This [Apple Fig Ginger Chutney](#) (\$999840601, \$10.50) bursts with the unique flavour combination of apples, figs, fresh and candied ginger, and spices. Enjoy it with cream cheese on crackers, spread it in a panini, spoon it over melted brie, enhance a curry dish, or use it on paneer fish cakes (recipe below). Paneer is a fresh cheese of Indian origin and is common in South Asian cuisine. Unlike other cheese, it does not contain rennet, making it completely lacto-vegetarian. You can find paneer in a grocery store or try making it yourself with the recipe below.



*This tasty chutney is great on salmon fish cakes, as a dip for grilled prawns, or in a stir fry.*

### Ingredients:

- \*2 litres of whole milk
- \*1/4 cup vinegar
- \*6 oz cooked salmon filet (a can of salmon also works)
- \*1/2 cup fresh paneer
- \*1/4 cup plain yogurt
- \*2 tablespoons minced red onion
- \*1/2 chickpea flour
- \*1 tbsp coriander powder
- \*2 tbsp grape seed oil or olive oil
- \*pinch salt and freshly ground pepper

### Preparation:

To make paneer, bring the milk to a boil in a large pot. Add the vinegar, and stir until the mixture separates into solids and liquid. Drain the mixture through cheesecloth set in a large mesh sieve over a bowl. Wrap the cheese cloth on itself to squeeze out moisture from the curds. The more it is squeezed, the firmer it will become. Use the paneer immediately, or refrigerate in a covered container for up to five days.

Mash the salmon and paneer in a bowl. Add the yogurt, onion, flour and spices. Mix and form into patties, about two inches in diameter. Heat oil in a large non-stick skillet (med to high heat) and fry patties for about two to three minutes on each side, until golden brown. Serve hot, topped with the Apple Fig and Ginger Chutney.