



DCV Online Newsletter

Distribution Centre Victoria

Give The Gift Of BC Parks

He isn't a reindeer, but I bet Jerry the Moose could pull a sleigh. Support your provincial parks this Christmas by purchasing gifts from the [BC Parks Online Store](http://pss.gov.bc.ca/dcv/). If you and your family have been to a provincial park this past year, keep those memories alive and start creating the excitement for your visit next year.

Some of the great products include stuffed animals representing Jerry the Moose and

his friends Emily the Black Bear and Lucas the Beaver. There are fun t-shirts to paint, wooden puzzles, picnic blankets, eco-friendly hoodies, and more.

Profits from the purchase of BC Parks merchandise will be directly invested in provincial parks to maintain park facilities, continue services and preserve the natural beauty of the parks for future generations.



<http://pss.gov.bc.ca/dcv/>

4234 Glanford Avenue

Victoria BC V8Z 3B5

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Has your toner run out?

Before you just put your new toner in, take the old toner out, shake it and put it back in. You will be surprised how much extra life you could get out of it.



Q: How do I know if I am ordering one box of pens or one pen?

A: When looking at the product on the shopping cart the unit of issue is always right beside the price. This will tell you if it is sold by the each "ea", or by the box "bx".

Green Your Office

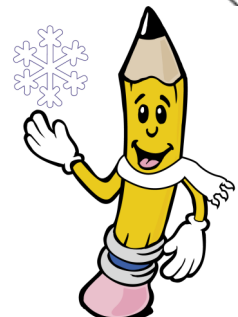
Need to replace your lunchroom fridge? Purchasing Services Branch's [Appliance Corporate Supply Arrangement](#) offers Energy Star fridges and includes BC Hydro's old fridge take-back service. Energy Star fridges are 20% more energy efficient than a standard model, and up to 50% more efficient than an older fridge.

For more green tips, visit the [BC Government Easy Green Guides](http://www.wheretheregreenideaswork.gov.bc.ca/makedifference/easy_green_guide/index.html):

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Green Your Life

After using your oven to bake or cook, use the lingering oven heat to dry discarded orange or lemon peels. Put them on a baking sheet and place in the turned-off oven until they darken in colour. The baked rinds are full of citrus oils and can be used as home-made fire starters. Fragrant, natural, and chemical-free!



Quick Ideas For Holiday Entertaining

Whip up these simple recipes when guests stop by.

Crostini With Antipasto



#9999840169, \$10.50

Ingredients:

- * 1 tbsp olive oil
- * 300 mL Artisan Edibles' Antipasto
- * sliced baguette
- * chèvre goat cheese



Preparation:

Preheat oven to 375 degrees Fahrenheit. Brush sliced bread with olive oil, place on a baking sheet and toast until crisp (about 5 to 8 minutes). Cool and top with antipasto. Sprinkle with goat cheese.

Options: this delicious antipasto is very versatile. Try it on chicken, in a sandwich, add it to a marinara sauce, or baked on French bread with cheese.

Hot Crab Dip



Ingredients:

- * 100 g tin SeaChange Crab Pâté
- * 125 g cream cheese
- * 1 1/2 tbsp chopped green onion
- * 1/4 tsp Worcestershire sauce or hot sauce
- * salt and pepper to taste
- * 1/2 cup grated cheese
- * bread, crackers, tortilla chips or veggies

Preparation:

Combine the pâté, cream cheese, green onions, Worcestershire or hot sauce, salt and pepper in a small oven-proof dish and stir well. Sprinkle cheese on top. Bake at 375 degrees Fahrenheit for 15 minutes or until bubbling. Serve with pieces of bread, crackers, tortilla chips or veggies.



#9999840121, \$5.95

Dessert Shooters With Summer Berry Confiture



#9999840172, \$11.20

Ingredients:

- * chocolate liqueur cups
- * Artisan Edibles' Summer Berry Confiture
- * mascarpone cream

Preparation:

Fill bottom of liqueur cups with a small amount of confiture, top with mascarpone cream and add another dollop of confiture.

Options: layer in your favourite after dinner liqueur, such as Amaretto or Bailey's.

Chocolate liqueur cups– if you can't find them, just make your own!

Ingredients:

- * 3 oz semi-sweet chocolate, chopped
- * miniature paper backing cups or candy foil liners

Preparation:

Melt chocolate over low heat in a saucepan. Brush insides of foil cups with chocolate to within 1/8" of the top. Repeat until chocolate is about 1/8" thick. Refrigerate until very firm. Carefully peel liners from chocolate and store covered in refrigerator or freezer until ready to use.



Tips To Manage Holiday Stress

- 1 Allow yourself some minor indulgences. Don't feel guilty about a few extra calories. There is time to get back to healthy eating after the holidays.
- 2 Remember to workout throughout the season, even if it just strolling around the neighbourhood. The exercise really helps to relieve stress.
- 3 Don't be pressured to enjoy the big day so much. There are many days and events to enjoy throughout the holiday, so just appreciate the season.
- 4 Enjoy spending time with your friends in a way which works for you. You may like seeing everyone at once at a large party or prefer seeing friends one-on-one. If you can't fit them all in before Christmas at least set dates to do something together after the holidays.
- 5 Pick up some great classic Christmas movies (or even a new release) to watch with the family. You can make some popcorn and even string what is left over for the tree.
- 6 Spend some time on yourself. Set aside time to do something you want – get a pedicure or massage, read a book or take that nap that is overdue.
- 7 Shop online. We like this idea at DCV, especially if you order from our [DCV Online Store](http://www.dcv.gov.bc.ca) at www.dcv.gov.bc.ca. Gifts will be delivered right to your office.
- 8 Take time to relax with the children. Go for a walk with them each day. It will get you away from stores, the TV, video games and everything else clamouring for both your attention. This is a great time to really connect.
- 9 Get the sleep you need. Enjoy time with family and friends, but remember to turn in early to stay refreshed.
- 10 Think about volunteering this Christmas. Sometimes understanding the situations of others helps to put your own in perspective.



Last Minute Gift Ideas

For your uncle – Cribbage Board
#9999840184, \$75.00

For your son – Water Bottle
#9999840633, \$14.95

For your daughter – Bluetooth
Headset #7520368101, \$58.00

For your wife – Erik Akis Cookbook
#9999840149, \$16.08

For the hostess –
Wine Stopper
#9999840132, \$18.90

For your husband –Travel Mug
#9999840635, \$14.95

For the foodie –
Salmon Pâté
#9999841043, \$7.95

For your sister – Dragonfly Earrings
#9999840524, \$38.00

For your mom – Velvet Burnout Scarf
#9999840682, \$38.95

For the relative in
Vancouver –
Umbrella
#9999840659, \$24.95



Order now! Delivery time is 3 to 5 business days within the province.



*Happy
Holidays
from the
Management
& Staff at
Distribution
Centre Victoria*