



Corporate Design
& Print Solutions



Thinking
green.

PRINT SPEAK

PRINT TIPS

WIN A HOLIDAY

Issue 4 • 2007

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contact

Go green

in the workplace

While many appreciate that 'going green' in the workplace helps businesses to help the environment, many don't realise that an environmentally-friendly office also leaves more 'green' of the other kind in your back pocket.

Energy-efficient lights and equipment, for example, can save up to 80 percent on your electricity bill. Every 1,000 kilowatt-hour of electricity you save stops the creation of one tonne of greenhouse gas. Some of the simplest green initiatives you can adopt include using open windows for ventilation and positioning desks to make the most of natural light.

Other simple ways of going green in the office includes recycling, reusing and reducing waste;

Recycling – there are many office items that can be recycled including paper and cardboard, cartridges, mobile phones, aluminium cans and glass bottles from the lunch room, computers, electronics, white goods and much, much more (just contact your local council for more details). Consider recycling Christmas cards and phone books and if space allows start a worm farm to put kitchen scraps into.

Reuse – businesses can save money by reusing scrap paper and old documents by stapling them together to make scribble pads or using the other side of documents in your fax machine.

Reduce – reduce energy consumption by only using the office dishwasher when it is full and by not filling the kettle with water and boiling the whole quantity unnecessarily. Reduce the strain on the environment by switching to enviro cloth bags or at least aim to reuse plastic bags as many times as possible and recycle when you are finished with them.

Flick the switch
and save energy





"Energy-efficient lights and equipment, for example, can save up to 80 percent on your electricity bill.."

With paper and printing, Kwik Kopy can also help you save the environment and save money at the same time. Allowing the experts at Kwik Kopy to do your photocopying lessens the wastage and paper jams which commonly occur in-house. We can also offer a data cleansing service: an up-to-date database means less wastage on mail campaigns and newsletters.

Using environmentally-friendly paper stock for your printing needs conserves the resources used to make the paper and avoids the environmental impact of waste disposal to landfills. Contact us if you would like to learn more about environmentally friendly paper stock for your next print job.



Has your business gone green with great success? See our competition details over the page and tell us about the changes you have implemented at work to go into the draw for a unique eco holiday.

Kwik Kopy Bondi Junction runs its centre on 100 per cent green power, recycles all its pre-consumer waste and only uses soy-based printing inks.

"We minimise all waste around the office, recycle, buy green electricity, switch off heating and air-conditioning when they are not required, ensure equipment and all the lights are off at night and recently downsized our delivery vehicle to a smaller model... My wife and I either cycle to work, or walk whenever possible. I'm happy to say some of the staff are doing likewise."

Steve, Kwik Kopy Richmond VIC

At Kwik Kopy Strathpine, all clean-up rags are recycled for reuse and chemical waste is minimised and disposed of appropriately. All guillotine off-cuts are sent to local kindergartens and other waste returned to the local paper mill, while misprints are used through office copiers. All copier components, including cartridges are recycled.



gy.



The Eco-lodge alternative

Eco-lodges are among the best holiday choices you can make when planning an environmentally-friendly getaway. Eco-lodges put you in the heart of nature without having a negative impact on the local environment. In fact, the design and philosophy of eco-lodges go beyond simply operating in harmony with nature, to the point of actively contributing to their local communities and the environment.

Australia is home to many eco-lodges and environmental tourist spots, many being within the tropical rainforests of Queensland, where the accommodation can be as much of a refuge for travellers as it is for the wildlife.

One such haven is Sanctuary Retreat, an accredited rainforest eco-lodge at Mission Beach in North Queensland. Located halfway between Townsville and Cairns, it is set on 18 hectares of lush tropical rainforest overlooking the Coral Sea. It is one of the best and possibly the most comfortable places in Australia to see the endangered cassowary in the wild, with more than 95 per cent of Sanctuary set

aside as a Protected Area for cassowary habitat and rainforest conservation.

"We believe it doesn't need to cost the earth to help preserve a part of it" – Susan Kelly, Sanctuary Retreat

Sanctuary has achieved 'advanced accreditation' from the Australian Nature and Ecotourism Accreditation Program, so guests can be confident that when staying with them, they not only experience a rare insight into the ecology of tropical rainforests, but also make an active contribution to nature conservation.

WIN TWO NIGHTS IN PARADISE

Thanks to Sanctuary Retreat (www.sanctuaryretreat.com.au), we have 2 nights in one of Sanctuary's deluxe canopy cabins to give away. Built on stilts in the heart of the forest, with boardwalk seating areas, the hut offers a unique experience of nature.

See our competition details over the page.



Eco papers

Being environmentally responsible with your printing and copying is easier if you know what paper stock to ask for. For this issue of Contact Newsletter we have used recycled and environmentally responsible paper from Edwards Dunlop. If you would like to know more about the options available and do your bit to "go green" in the office please speak to us at Kwik Kopy.

This issue of Contact Newsletter:

Contact coverletter stock: **Onyx**

100% Australian, 100% Recycled. Onyx is a 100% recycled paper containing a combination of pre consumer and post consumer waste sourced entirely within Australia. The recycled pulp is brightened in a process chlorine-free environment.

Contact newsletter stock: **Titan Plus**

Titan Plus is an environmentally responsible paper manufactured under the ISO 14001 environmental management system using elemental chlorine free (ECF) pulps from certified managed forests.



Want an impressive way to kick start your marketing for 2008?

Kick some goals for your business by giving your customers an official AFL Football Fixture card displaying your company's logo, services and contact details. An ideal way to put your brand in front of your customer for an entire 22 weeks of the AFL season.

Visit www.kwikkopy.com.au for more details.



Avocado Pizza

- 1 Spread pizza base with tomato paste, sprinkle with garlic and shallots.
- 2 Arrange mushrooms, olives and cherry tomatoes on pizza base. Top with cheese and bake in a moderate oven, 180°C, for 20 minutes or until crust is golden.
- 3 Remove from oven, serve topped with basil and sliced avocado. Makes 8 slices.



To learn more about the nutritional components listed above, visit <http://www.sanitarium.com.au/nutrition/dictionary.html>

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INGREDIENTS

1 prepared pizza base
3 tablespoons tomato paste
1 clove garlic, chopped finely
1/4 cup chopped shallots
1/4 cup sliced mushrooms
1/3 cup sliced olives
100g cherry tomatoes, halved
1/2 cup shredded mozzarella
1/2 cup fresh basil leaves
1 avocado, sliced

FACTS

Prep time: 10 min
Cook time: 20 min
Servings: 8 slices
Level: Easy

NUTRITION

Kilojoules:	760
Calories:	180
Protein:	5g
Fat:	9g
Carbohydrate:	19g
Sodium:	280mg
Potassium:	355mg
Calcium:	60mg
Iron:	1mg
Fibre:	3g

Christmas Wishes

The team at Kwik Kopy wish you a very happy and safe festive season.

We look forward to sending you our next Contact newsletter in 2008.





Got a BIG message?

Large format printing creates the WOW factor. Well designed posters and banners pull people to them like magnets. Get your message out there with vibrant, large format posters, signage, plans and banners.

We're BIG on large format printing.

From sales posters to highly accurate plans and drawings, if it needs to be printed large, Kwik Kopy can do it. Our large format printers can produce high quality posters for your promotional and display purposes, from a 1 off to a print run of 5,000+. Banners can be made up to any size and our light fast inks mean that they stay bright for a long time.

Remember we can trim your posters and banners to any size.

A0
841 x 1189mm

A1
594 x 841mm

A2
420 x 594mm

- Posters
- Banner stands
- Signs
- Plans
- Window displays
- Foam core mounting
- Promotions & marketing
- Engineering & CAD
- Schematics
- Digital printing
- Printing sizes up to A0+
- Trade shows
- Quality light-fast inks
- Laminate for durability





COMPETITION

WIN two nights in paradise

Thanks to Sanctuary Retreat, one lucky Contact newsletter reader will win two nights accommodation, for two people, in one of the Sanctuary's deluxe canopy cabins.*

TO ENTER simply tell us in 25 words or less how you have managed to "go green" in your office or business.

Please email your name, business name, address, contact phone number and the location of your local Kwik Kopy centre to contactnl@kwikkopy.com.au. Entries close 21st January 2008.



sanctuaryretreat.com.au

CONGRATULATIONS to the winner of the Kodak Easy Share Digital Camera giveaway; Carol Jones, customer of Kwik Kopy St Kilda Road VIC.

*Winner of the Sanctuary Retreat must take holiday before 30/5/08. Flights and transfers not included in prize.

The information requested is collected by Kwik Kopy Australia to allow us to choose the winning entries. This information will not be disclosed to any third parties without your knowledge or consent. Access to the information is available on request. If you do not wish to provide this information we will be unable to include your entry. Kwik Kopy Australia can be contacted on +61 (02) 9967 5500.



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