



## Vegetarian Sushi

Have you ever eaten sushi and thought it would be too hard to make? Well, think again! This vegetarian sushi is surprisingly easy and absolutely delicious.

- 1 Place rice and water in a large saucepan. Bring to boil, then reduce heat to low, cover with tight fitting lid and cook for 10 minutes. Place rice, extra water, vinegar and sugar in a bowl and mix well.
- 2 Place nori sheet onto a bamboo sushi mat. Spread 1/5 warm rice over nori sheet. Layer cucumber, carrot, avocado and cheese or soy slices at narrow end, and roll up from narrow end using the sushi mat.
- 3 Repeat process with remaining ingredients to make five rolls. Cut each roll into eight rounds. Arrange on a serving platter and serve with salt reduced soy sauce. Makes 40.

To learn more about the nutritional components listed above, visit [www.sanitarium.com.au/nutrition/dictionary.html](http://www.sanitarium.com.au/nutrition/dictionary.html)  
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[www.sanitarium.com.au](http://www.sanitarium.com.au)

INGREDIENTS

- 2 cups short grain rice
- 2 cups of water
- 3 tablespoons water, extra
- 3 tablespoons rice vinegar
- 1 tablespoon sugar
- 5 sheets toasted nori
- 1 Lebanese cucumber
- 1 medium carrot
- 1 medium avocado
- 2 slices cheddar cheese, cut into thin strips (or 1 slice Sanitarium Soy Healthy Garlic & Herb Soy Slices)
- Olive oil, to drizzle

FACTS

**Prep Time:** 15 min  
**Cook Time:** 10 min  
**Servings:** 6  
**Level:** Medium

NUTRITION

Total	
Kilojoules:	188
Calories:	45
Protein:	1g
Fat:	1g
Carbohydrate:	9g
Sodium:	10mg
potassium:	40mg
Calcium:	5mg
Iron:	0.1mg
Fibre:	0.5g



## Kick off your marketing in 2010

Kick some goals for your business in 2010 by giving your customers an official AFL or NRL football fixture card. Fixture cards display your company's logo, services and contact details and are an ideal way to put your brand in front of your customer's eyes for the entire footy season.

Speak to us at Kwik Kopy about planning your fixture card programme for 2010 or visit [kwikkopy.com.au](http://kwikkopy.com.au).



## Client View

### GE Security Pty Ltd

When Lori Rennie needed to update her company's literature, she didn't have to go in search of the best team for the job – she already had them on file.

As the Purchasing Officer for GE Security Melbourne, it fell to Lori to have new versions of the product manuals and installation instructions for their various security and fire products produced. Lucky for her, she knew exactly where to go.

"Our Purchasing Manager, who used to order all of the manuals before me, recommended Kwik Kopy," Lori explains of her introduction to the team at Kwik Kopy Ringwood. And she couldn't be happier with the results.

"Their service is outstanding, a very friendly customer service team. They're always quick to quote on jobs with a very quick turnaround for delivery – some times that same day," Lori says.

Kwik Kopy Ringwood, like all of our Kwik Kopy centres, keep clients' artwork on file so that in the event of an emergency print job or just a second run of printing, they are able to provide for the clients' needs ASAP.

This attention to the clients' needs, and ultimately satisfaction, is no doubt one of the reasons that Kwik Kopy Ringwood was recently named Victorian Franchisee of the year at the MYOB Excellence in Franchising (Regional) Awards held by the Franchise Council of Australia. Endorsements by satisfied clients, like Lori ("I would definitely recommend Kwik Kopy") and GE Security, play a huge part in that continued success, because it is the client who comes first at Kwik Kopy.

Congratulations to these winners of the Seriously Good! Gluten-Free Cooking Book from Contact Newsletter 3 – Alison Miller, Carolyn Schmidt, Jess Hall, Marcia Stubbings and Vicki Thomas.

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Corporate Design & Print Solutions



The gift of giving back

PRINT SPEAK LIFESTYLE PRINT TIPS

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## The gift of giving back

In the holiday season, it is always better to give than to receive. It's even better if you can give back in a more meaningful way, so why not volunteer your time to a charitable cause?

It is during this time of year that many charitable and not-for-profit organisations experience an increased demand for their services. And with limited reserves of both money and people, they can only do so much. Volunteers are always welcomed by such organisations, whether it is just an hour a week or a more substantial time commitment – no effort is too small.

Whether it be a larger organisation such as The Smith Family or Mission Australia, or something smaller, like your local church or soup kitchen, there are many places requiring volunteers. And while some charities may require a certain skills set, notably when dealing directly with the homeless, elderly or children, most will welcome an extra pair of helping hands.

GoVolunteer, Australia's first national volunteer recruitment website, provides volunteers with all the information they need about possible volunteer positions, matching their skills set to appropriate placements. Operating for nearly 10 years, this joint initiative of Volunteering Australia, SEEK Communications and the Boston Consulting Group, is an ideal portal to find out what positions may be available near you to suit your needs.

Volunteering NSW is the peak body for these services in New South Wales and Odessa O'Brien, Volunteer Services Manager and Corporate Volunteering Manager, says her organization is happy to receive calls from people interested in volunteering.

**"Volunteering helps build the social fabric and social cohesion,"**

"Give us a call. All of our operators are volunteers and we seek to put you in touch with suitable not-for-profit organizations based on your skills, the time you have available and where you are located," Ms O'Brien explains. "Then it is your choice to accept the referral, make contact with the organization and arrange an induction."

The growing trend in corporate responsibility may also be an avenue for you or your business to explore. Basically, companies sponsor their employees to perform one day of volunteer work a year. Just imagine if every company that could afford to do so actually participated in this scheme! There are many groups and events that have specific days that would be ideal for this option.

"Volunteering helps build the social fabric and social cohesion," says Ms O'Brien. "You're helping the community and making a difference."

More information about volunteering can be found at these websites:

[www.govolunteer.com.au](http://www.govolunteer.com.au)  
[www.volunteeringaustralia.org](http://www.volunteeringaustralia.org)



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Also, for the duration of the promotion every time you spend \$200 or more at Kwik Kopy you go into the draw to win flights for 2 to New York flying premium economy with V Australia. We've also thrown in a cool \$5,000 spending money; just register your invoice details at [www.takeflight.com.au/cnl](http://www.takeflight.com.au/cnl) today.

If time is of the essence, multiply your effectiveness by having a chat with your team at Kwik Kopy. You'll soon see we're on the same page.



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When it comes to business cards, it's true what they say about big things and their small packages.

A business card is one of your best networking tools. This small card is perceived by both your existing and prospective clients as a symbol for all that your company stands for. Your business card should showcase the personality, integrity and quality of your company, effortlessly persuading clients to utilise your services.

When used effectively, a business card can be one of your hardest working marketing tools. Kwik Kopy's designers can tailor a set of cards for you with the most suitable design, shape and finish for your needs, ensuring your business card is still working for you long after the office closes.

For inspired design, talk to us at Kwik Kopy and you'll soon see, we're on the same page.

Make sure your card stands out from the crowd by completing this Kwik Kopy checklist.

- €  Single or double sided
- €  Full colour vs spot colour
- €  Stocks including recycled options
- €  Die-cut shapes
- €  Matt or gloss celloglaze
- €  Spot varnish
- €  Foiling
- €  Raised type

EMBOSSING

FOILING

DIE CUTTING

SPOT VARNISH

GLOSS CELLO GLAZE

RAISED TYPE

METALLIC INKS