

## Warm Couscous Salad with Vinaigrette Dressing

If you're looking for a delicious summer meal that is quick, easy and bursting with flavour, try this couscous salad, it's sure to please!

### Instructions

- 1 Toss sweet potato in oil. Place on a baking tray and bake in a hot oven (200°C) for 15 minutes or until golden.
- 2 Place couscous in a bowl. Dissolve stock cubes in boiling water and pour over couscous. Cover and stand until liquid is absorbed. Stir with fork.
- 3 Toss warm couscous, roasted sweet potato and asparagus together.
- 4 Combine dressing ingredients and gently mix through the couscous.
- 5 Serve garnished with pistachio nuts.

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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For your chance to win a \$100 wotif.com gift voucher, let us know in 25 words or less: what is your best technique for uncluttering your mind?

Please email your answer, plus your full name, address and contact phone number, along with the location of your local Kwik Kopy Centre to [contactnl@kwikkopy.com.au](mailto:contactnl@kwikkopy.com.au)  
Entries close 11th June 2009.

CONGRATULATIONS to the winner of the Silver iPod Nano competition from Contact Newsletter 1; Louise Gleeson, customer of Kwik Kopy Central City, NSW.



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Corporate Design & Print Solutions



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INGREDIENTS

- 2 cups couscous
- 2½ cups boiling water
- 2 x 10g chicken-flavoured stock cube, crumbled
- 2 cups diced sweet potato (Kumera), roasted
- 1 tablespoon olive oil
- 1 bunch fresh asparagus, steamed & sliced
- 1/3 cp Sanitarium Pistachio Nuts (or other nuts of your choice)

- 3 tablespoons Sanitarium Macadamia Nut Oil or another oil of your choice (eg, olive oil)
- 3 tablespoons rice vinegar
- 1 tablespoon chopped fresh coriander
- ½ teaspoon salt

FACTS

Prep Time: 10 min  
Cook Time: 15 min  
Servings: 8  
Level: Easy

NUTRITION

Kilojoules:	1400
Calories:	330
Protein:	9g
Fat:	14g
Carbohydrate:	43g
Sodium:	510mg
Potassium:	360mg
Calcium:	20mg
Iron:	0.6mg
Fibre:	1g

client view

### Stellar Call Centres

Paul Albus, marketing manager for Stellar Call Centres, says the company is "more than happy" with the results Kwik Kopy's Richmond Centre has provided for them.

Stellar is a leading global provider of call centre and business process outsourcing solutions, operating 19 centres around the world. In a relationship spanning more than seven years, Kwik Kopy Richmond has provided Stellar's offices around Australia with "more bang for our buck".

Originally engaged to assist with Stellar's basic printing needs "stationery and business cards", Kwik Kopy Richmond has since been used for all manner of the company's print and marketing requirements, including direct marketing collateral and design projects, such as internal posters and electronic Christmas cards.

"The Kwik Kopy team are extremely collaborative and are often happy to come into our offices to work," said Paul. With the Centre located just 50 metres from their office, Paul says "they are almost an extension of our team!"

+"DA GOOGLE CODE"

[Advanced Search](#)  
[Preferences](#)

Search:  the web  pages from Australia

Results 1 – 1 of about 1 for +"da google code" (0.33 seconds)

While it is not necessary to be a semiotics expert, the proper use of symbols (and the right word here and there) will get you closer to your holy grail when using Google as an online search engine.

Admit it. You've done it. We all have. When you're alone, or even in a crowded office, you've found yourself with that irresistible urge to . . . Google. And while it wasn't always strictly for "research purposes" (where do I get half price Manolo Blahniks? what was the name of that song by that guy I thought was cute in 1996?), it was an effective search tool.

Beginning life as a university research project in 1996, Google, the brainchild of Larry Page and Sergey Brin, has developed and grown to become the world's largest internet search engine. In a nutshell, Google essentially ranks websites in order of relevance according to search topics and keywords.

But have you been getting the best results possible in your use of Google? Did you know the use of punctuation and other symbols can result in more specific search results? Here then are some tidbits to help you get even better results in your online hunting and gathering.

Firstly, and like any good journalist will tell you, you must quote accurately. When doing a Google search, any topic (or string) contained within quotation marks ("" ) will return results pertaining only to that string.

Think positive. If your search results must contain certain words or phrases then you should include the + symbol. For example, + "Hugh Jackman" Oscars 2009, will return all results containing Hugh Jackman but not necessarily the Oscars. Shut out the negative. Ever had to search for something that

is spelt the same as another item but is completely unrelated and thus returns irrelevant results? The best way to counter this is by employing the minus sign (-). Similarly, if you want to search for a filetype, you can exclude those filetypes you don't want by placing '-' in front eg -.mp3.

But it's not all about symbols. A choice word here and there can work wonders, too. If you only want to return results from a specific site, then attaching the word 'site' to the web address will search only that website eg site:www.vogue.com will only return pages from the Vogue website.

Similarly, if you want results which are related or linked to a specific site, do as above but simply replace 'site' with either 'related' or 'link'. The 'link' search is also a great way of seeing what sites have been linked to your website.

And when all else fails, talk about the weather. By typing in 'weather: london', for example, you will get that city's weather report.

There are many other symbols and words which can get you even more specific search results on Google. Go on, try it out for yourself – for work purposes, of course.

Tips courtesy of: [http://www.thechurchofgoogle.org/Scripture/how\\_to\\_use\\_google.html](http://www.thechurchofgoogle.org/Scripture/how_to_use_google.html)

+ "Hugh Jackman"



Whether it's in your home, on your work desk, or in the recesses of your mind, clutter – physical and mental – could be preventing you from getting the best out of your life, in and out of the office.

We all know the expression 'healthy mind, healthy body' but what about 'an uncluttered mind, an uncluttered life'? That might be something you'd hear Peter Walsh say. Australian author, Peter Walsh has become somewhat of an expert on clutter, or, to be more precise, on removing the clutter from our lives. Walsh, anointed Oprah's 'decluttering' guru, has published several books on the topic, the latest of which is *Enough Already*.

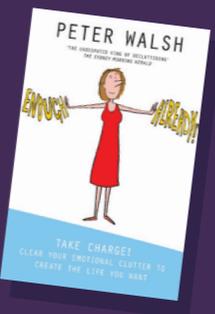
Focusing on six key areas – family, relationships, work, health, money and spirituality – Walsh reveals how each of these areas of our lives are connected and how it only takes one of them to be cluttered to start affecting the other areas.

"People often say they're overwhelmed at work but how much time do they spend chatting, or surfing the net or paying bills? How much time do people actually spend working?" Walsh asks. "Now imagine that you stay back at work to catch-up and you still leave the office with ten things on your to-do list. How do you think that impacts your personal life when you get home? You don't feel like you did a good job at work so you feel down and dull the feeling by watching TV and not talking to your family or partner."

Being organised is a simple but effective way to decrease clutter and prevent it spilling over into other areas of your life. As Walsh says, "Even if just one part of your life is cluttered it's stopping you from being the best person you can be. And having the life you want to live."

You can begin 'decluttering' your life by 'decluttering' your office. Start by keeping your desk neat and tidy, containing only that which you really need readily at hand. Delete all unnecessary emails. Your Inbox is probably the most obvious and damning evidence of your cluttered state of mind. And effectively manage your time. This will result in fewer evenings spent in the office and more time for family and friends.

*Enough Already* by Peter Walsh (Simon & Schuster) is available in bookstores.



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