



Talking Temps

Issue 45 APRIL 2003

IMPORTANT NOTICE

We have now installed an upgrade for Paymail which means payslips will be sent out through email once again. Thus we encourage you to please advise us of your current email address as we move towards a paperless environment. For more information please contact your consultant. We thank you for your patience during this time of transition.



Changed bank accounts?
Been notified of your TFN?

Please advise our payroll department immediately. Email Shallain McCarney at smccarney@quayappointments.com.au for prompt processing of your pay.

Forget Me Not

Don't forget to call I in your availability often so your consultant knows you are still available for work.

Remember, you have access to both branches City and Parramatta once you register with either one for work. Please advise your consultant should you wish to be put on both branch's availability list.

Refer a friend and get a double movie pass! If your friend is placed in an assignment for longer than a fortnight, you will receive a double movie pass for free! Call your consultant for more details.



Temp of the Month - April 2003

Congratulations to Andrew Morris and Debbie Lord

City Temp of the Month - Andrew Morris

Andrew has undertaken several assignments and has received high praise for each, along with special requests for him to go back to clients! His sparkly personality and efficiency in the workplace are well appreciated.

Parramatta Temp of the Month - Debbie Lord

Debbie has been known to work back on more than one occasion proving her dedication and tireless effort in all she does. She is very much a team player and tackles all her tasks with high enthusiasm.

Highly Commended - City

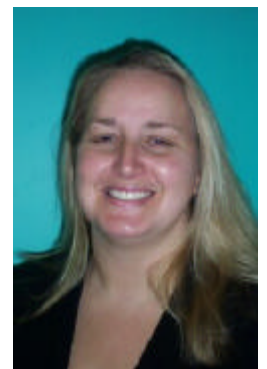
Manju Pete - Manju has been a reliable employee in an ongoing temp assignment since February 2003. We have had good feedback from our client and he is regularly meeting targets within the role.

Highly Commended - Parramatta

Diane Riley - Diane is a multi task wizard! She always goes the extra mile and coupled with her excellent presentation, is very reliable and can be depended on to perform her duties with flair.

Spend 5 minutes with the newest member of the Temp Team: Dawn Toynton (Government Account Manager, City Branch)

Dawn has previously been working within the recruitment industry for 3 1/2 years. She believes what makes a great Quay temp is one who is always flexible and reliable.



Favourite Colour: Pink

Favourite Song: Tainted Love by Soft Sell

Favourite Snack: Tomato sauce sandwiches and Salad Cream on toast

Favourite Beverage: Neat Vodka

Place Most like to visit: Vietnam

What do you like most about your job: Dealing with different people - there is never a dull day!

TEMP NEWS - TEMP NEWS - TEMP NEWS

- Congratulations to Diana Curuenavuli on going temp to perm
- Safe travelling to Ian Syer who is off to Thailand



Dawn Toynton (left, City Temp Consultant) spreading the birthday cheer with Pamela Guy and Romina Tinazzi. Big grins all round when it comes to mud cake!

Kelly Kingsley congratulates Trish Townsend (March TOM Winner) and awards her with a certificate and \$50 David Jones Token - Happy Shopping Trish!



QUOTE FOR APRIL

"There is no security on this earth; there is only opportunity."

— Douglas MacArthur

Find an activity you like and enjoy exercise more ...

For exercise to truly do you any good, it should be regular, sustained and vigorous enough to have an effect on your cardio-vascular system. However, even moderate, non-vigorous activities can do you good. It is all a case of working out what suits you and making informed choices.

Following are 3 categories of activities in terms of their exercise value:

Conditions hearts and lungs: Aerobic dancing, Cycling, Cross-country skiing, Football (and soccer), Hiking (uphill), Jogging, Jumping rope, Rowing, Running in place, Stair-climbing, Stationary cycling, Swimming, Walking briskly.

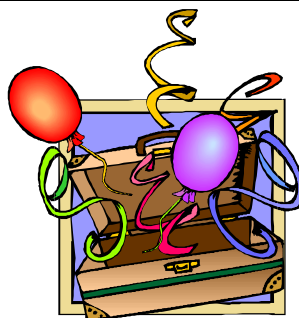
Can condition hearts and lungs: Downhill skiing, Basketball, Field hockey, Handball, Racquetball, Social soccer, Squash, Tennis (singles), Volleyball, Walking moderately.

Does not condition much: Badminton, Baseball, Bowling, Croquet, Gardening, Golf, Housework, Ping-pong, Shuffleboard, Social dancing, Softball, Walking leisurely.

Source: www.webwombat.com.au/lifestyle/health

APRIL BIRTHDAYS

ERIC ELDRIDGE, DANIEL LONG, VIVECA MAGNUSSON, FRANCOISE VO, KATHIE ZAGAS, GEORGINA YAMMINE, MELISSA DIXON, ANN DALY, JANE DALY, CHRIS FISCHER, STEPHANIE HUNT, KAREN PHELAN, LUCY TREGILGAS



RECIPIE FOR MARCH -

Easy Apricot Chicken & Rice

Serves 4

Ingredients

500g diced chicken
1 onion, sliced
1 tsp. minced garlic
1 tbsp oil
500g packet HEINZ Rice 'n Veggies Chinese or Thai Mix
1 packet French onion soup mix
1 x 425 ml can apricot nectar
1-2 tbsps chopped fresh parsley
Grated rind of 1/2 lemon

Method

1. Brown the chicken, onion and garlic quickly in a frying pan with a dash of oil.
2. Scatter the HEINZ Rice 'n Veggies in a medium ovenproof dish. Top with the chicken, onion and garlic. Sprinkle with soup mix and pour over the nectar.
3. Bake uncovered in a moderate oven (180°C) for 40-45 minutes, or until the chicken is tender. Alternately, cook in the microwave for 20 minutes on high.
4. Serve garnished with chopped parsley and lemon rind.

Source: www.foodinaminute.com.au



Dried Fruits - Super Foods for Super Health

One of the best things about fruit is it can be dried and therefore makes a variety of fruit more readily available all year round. If you are craving a sweet snack, they are a great alternative to a bag full of lollies.

They provide a great energy source, contain significant amounts of iron, potassium and selenium and also has small amounts of certain other minerals and of course fibre and Vitamin A (in the yellow and orange dried fruits).

Dried fruits can offer an excellent contribution to those suffering with constipation as their fibre content makes them a gentle laxative and they are also good for relieving anaemia due to their iron content.

Some readily available dried fruits are:

Dates: Most varieties of dried dates are very high in iron. All dates have a reasonable amount of fibre and are a rich source of potassium.

Prunes: Prunes are rich in Potassium making them of assistance to those with high blood pressure. Furthermore prunes contain useful amounts of niacin, vitamin A and vitamin B6.

Raisins: Raisins are wonderful for a natural energy booster. They contain rich amounts of fibre, which will help reduce cholesterol and improve the function of the bowel.

Source: <http://femail.com.au/driedfruits.htm>

BRAIN TEASER FOR APRIL

A man is leading a horse across the road.
His two dogs are walking by his side.
How many feet are there in all?

ANSWER: Two... The horse has hooves and the dogs have paws. Only man has legs.

