



Payroll News

IMPORTANT NOTICE

The end of the financial year is approaching. Please ensure that your details are all up to date and correct. Things to check may be your Current Address, Contact Number and Email. Call your consultant if you would like to amend or check your particulars.

If you are leaving the country and require Superannuation Information our Super Fund details are as follows:
 RSSF Recruitment Super
www.recruitmentsuper.com.au
 Phone: 1300 304 000
 Fax: 1300 304 444

Timesheets are no longer being sent out with your pay slips. You can find spare copies of the Quay timesheet off our website:
www.quayappointments.com.au
 Follow the timesheet link to either save it straight into MS Word or to download in a Zip format. Save and print these off and fax to (02) 9251 7332 by 10 am Friday for processing.



TALKING TEMPS

Issue 34 April 2002

Introducing some new faces to the City and Parramatta Temp Desks - Get to know 3 Consultants!

Krystal Andrews

Working on the Government Temp Desk in Parramatta, Krystal has been working within recruitment for 2 years. She believes great Quay temps are those who are loyal, reliable and hardworking.

Favorite Band - U2

Favorite Sport - Netball

Favorite place in Sydney - Paddington, I love the old town houses, people, cafes - funky place!

What do you love most about your job? Job Satisfaction with candidates and clients

Song that best describes you: One by U2

Jessica Cornelly

Working on the Government Temp Desk alongside Kelly in the City Office, Jessica has been in recruitment for 14 months. She thinks a great Quay temp is one who shows enthusiasm, has a flexible attitude and is reliable.

Favorite Music Artist - Alex Lloyd

Favorite Sport - Horse Riding

Favorite place in Sydney - The cliffs at Maroubra Beach, its about the only quiet place in the whole city!

What do you love most about your job? The variety and the people

Song that best describes you: Don't worry, Be Happy by Bobby McFerrin

Fleur Thwaites

Recently relocating from Canberra and working on the Government Temp Desk with Morag, Fleur has 2 1/2 years experience in recruitment. A great Quay temp according to her, possesses aptitude along with a flexible and reliable approach.

Favorite Music Group - I love all music! My favorite depends on my mood at the time

Favorite Sport - Badminton. It's fun!

Favorite place in Sydney - The City at night, whether from a distance or if I'm in the middle of it

What do you love most about your job? The people and the satisfaction of assisting people in securing employment

Song that best describes you: Chopsticks (I love Thai!)



From top left clockwise - Krystal Andrews, Fleur Thwaites and Jessica Cornally

Temporaries of the Month - April 2002

Congratulations to Lynn Wilson and Daniel Long

- **City Temp Lynn Wilson** - Lynn's manager says her personal qualities - her efficiency, eagerness and her commitment to doing a job well have made her an invaluable team member. Lynn's excellent work attitude has ensured her of being the Temp of the Month (City) for April. Thanks for all your hard work Lynn!
- **Parramatta Temp Daniel Long** - Daniel is consistently hardworking and reliable who has proved that he will go the extra mile for us and his efforts are very much appreciated. Daniel has received outstanding feedback from his last assignment and has already impressed them at his new assignment. Great work!

(Lynn and Daniel will each receive a \$50 gift token from David Jones)

Highly Commended List

City Temps

- **Rosa Srpcanska** - Our client has highlighted Rosa's ability to pick things up quickly, her efficient manner and "can do" attitude.
- **Jasmin Reis** - For always taking on extra duties with a smile on her face! She's always willing to help out when needed.
- **Linda Benett** - Having temped for Quay for the past year, Linda has received consistent favorable feedback from our clients.

Parramatta Temps

- **Lucy Barraclough** - For her dedication in coming in for training and for doing a great job in her current assignment.
- **Cynthia Lowe** - For her hardworking nature and assistance in helping to recruit a Personal Assistant within their division.
- **Chantina Ou** - For coming into the office to learn how to mail merge in order to take on a role. She's quick to catch on and has great commitment.

(The following temps will be awarded with double movie passes - Good Job!)

City - Level 7, 200 George Street, Sydney P 9251 7339 F 9251 7332 E quay@quayappointments.com.au

Parramatta - Level 3, 96 Phillip Street, Parramatta P 9891 9121 F 9806 0555 E parramatta@quayappointments.com.au

April Quote

Keep your eyes on the stars, and your feet on the ground.

Theodore Roosevelt



With Winter on its way, your immune systems may be compromised by lack of nutrients and stress. However, the good news is that many tasty and inexpensive foods are highly protective. Add them to your diet today!

Onions and garlic: These help boost natural immunity and aid circulation. Garlic, used as a cure-all for centuries, helps fight colds and flu, and lowers blood pressure.

Cabbage: A source of phytochemicals (plant chemicals), known as glucosinates and indoles, which reduce the risk of bowel cancer.

Tomatoes: The richest dietary source of lycopene, an antioxidant which research suggests can protect against cancer.

Sardines: An excellent source of omega-3 fatty acids and calcium. Omega-3s boost bone density, reduce inflammation, and keep the heart healthy.

Brazil nuts: An excellent source of selenium, an important antioxidant.

Source: <http://lifestyle.ninensn.com.au>



April Funny

How all careers end ...

- **Lawyers are disbarred**
- **Electricians are refused**
- **Drunks are distilled**
- **Orchestra leaders are disbanded**
- **Office clerks are defiled**
- **Programmers are decoded**
- **Accountants are discredited**
- **Pastry chefs are deserted**
- **Underwear models are debriefed**
- **Mathematicians are discounted**
- **Tree surgeons disembark**
- **Judges are disappointed**
- **Piano tuners are unstrung**
- **Alpine climbers are dismounted**

Love reading Talking Temps? Want to read more helpful hints and reviews? Then subscribe to our latest newsletter, QUAY ESSENCE. Sent out monthly via email, QUAY ESSENCE features reviews, articles, a calendar of current events happening in Sydney and other interesting information you may not know about our lovely City. To subscribe email eopilas@quayappointments.com.au with "Subscribe to Quay Essence" in the subject line.

There will always be competition within the job market. To put yourself ahead of the pack, get training on your computer packages now! Both the Quay City and Parramatta branches offer free training on Word, Excel, PowerPoint and Access. Call your consultant today and make a booking.



Temporary of the Month for March 2002 Michelle Hughes (right) with her manager Deanne Zalec

** TEMPORARY NEWS **

Found Permanent Work:

- Gordana Kostelac
- Koulla Demetriou
- Andy Squires

Congratulations to Marie Chhadz and Sarita Maharaj who have been placed successfully at RIC.

All the best to Anna O Harz who is expecting a baby shortly.

Best Wishes to Therese Wilde and Family on the birth of their baby girl.

If you have any news you would like to share, please contact your consultant.

REFERRALS = FREE DOUBLE MOVIE PASS!

REFER A FRIEND TO QUAY AND IF THEY START WORKING FOR A MINIMUM 2 WEEKS, THEN YOU GET A DOUBLE MOVIE PASS! ENQUIRE NOW.



Want to know more about Quay? Visit www.quayappointments.com.au

April Birthdays

Nicole Archer,
Susan Linke,
Bree Marsh,
Kevin Carr, Margaret English, Katie Nielson, Tenneal Rowe, Toby Sargent, Jeremy Chahwin-Harris, Amy Skelton, Douglas Weighton, Eric Eldridge, Annette Ford, Ina Susanto, Moreen Ali, Viveca Magnusson, Kate Shannon



Anzac Day, April 25 is a National Day of Remembrance consecrated in Australia and New Zealand. It's in memory of the soldiers who lost their lives during this day in 1915, World War 1 at Anzac Cove. These are biscuits with a lot of history and tradition behind them!

Anzac biscuits - Makes about 50.

Preparation time:

20 mins

Total cooking time:

20 mins

You'll need

- 1 cup rolled oats
- 1 cup plain flour, sifted
- 1 cup sugar
- 3/4 cup desiccated coconut
- 150g butter
- 2 tblsp golden syrup
- 2 tblsp boiling water
- 1 1/2 tsp bicarbonate of soda

Here's how

- 1 Combine oats, sifted flour, sugar and coconut in a large bowl. Melt butter and golden syrup together in a small pan.
- 2 Mix boiling water and soda together. Blend into butter mixture. Pour over dry ingredients, mix well.
- 3 Place spoonfuls of mixture onto greased baking trays, allow room for spreading.
- 4 Bake at 150C for 15-20 minutes, or until golden. Loosen while warm. Cool on trays. Transfer to a wire rack, cool completely. Store in an airtight container.

Source: www.bhg.com.au