



## Payroll News

### IMPORTANT NOTICE

#### **Permanently Leaving Australia?**

Departing temporary residents (excluding New Zealanders\*) have the option of accessing their superannuation benefits after they have permanently departed Australia. Special tax rates apply to these benefits.

The process for claiming your money is:

Step 1 - Contact RecruitmentSuper on 1300 304 000 for a Leaving the Service Advice form or download it via our website [www.recruitmentsuper.com.au](http://www.recruitmentsuper.com.au)

Step 2 - Complete the Leaving the Service form along with

- A copy of your passport showing your departure date
- A copy of your visa showing your expiry or cancellation information
- A written statement from the Department of Immigration and Multicultural and Indigenous Affairs (DIMIA), if your balance is \$5,000 or more. You can contact DIMIA on 131 881.
- Your Tax File Number
- Your Australian bank account details

A cheque will be issued if no bank account details are provided.

Step 3 - Return the completed form to RecruitmentSuper for processing!

## Forget Me Nots

Don't just get him socks again .. make Father's Day this year on the 7th of September a memorable one!



# Talking Temps

**Issue 49 AUGUST 2003**

### Temp of the Month - August 2003

#### **Congratulations to Bernie Audley and Kelly Barbeyto**

##### **City Winner - Bernie Audley**

Bernie has been working at NRMA since July and we have excellent feedback from our client. She has been a great assistance to the team during a very busy period. Bernie has proven to be a reliable and hardworking employee over the last 6 weeks. Bernie, thanks for all your hard work and commitment.

##### **Parramatta Winner - Kelly Barbeyto**

Kelly is a fantastic temp & well regarded in her assignment. Kelly is considered a real asset to our client & they couldn't be happier with her. Kelly is flexible & hardworking & always ready to take on more. We have received very high praise for Kelly & would like to thank her & congratulate her on such a great effort.

### City Highly Commended Winners

- **James Miller** - James has been the most reliable and flexible candidate in recent months. Working in a basic administration role he has put in a full effort and has been requested back to this client over and over again. James congratulations on your hard work and commitment to Quay!
- **Suzanne Royal** - Sue has been working for us in various temp assignments since Jan 03. In her current role where Sue has been temping as a PA since the end of July, her supervisor is extremely pleased with her performance. Sue is very friendly and communicates well with everyone. Nothing is ever a problem for Sue. She puts everyone at ease with her professionalism. Congratulations Sue for all your hard work and effort.

### Special Mention to Sharon Chan

Sharon was one of our clients then we placed her in a permanent position. When this role finished she came back to temp now she has gone permanent in her temp role! Thanx again Sharon for all your hard work. Good luck with the perm job. We know you will keep in touch!!

### Parramatta Highly Commended Winners

- **Ratna Rajendram** - on going service with Quay Appointments. Always receiving positive feedback & having her assignment lengthened. Nothing is too far or too hard for Ratna. It is great to have her out on assignment for Quay Appointments.
- **Fa Mann** - Fa has been a great ambassador for Quay. Fa is always willing to do any assignment & always puts in her very best & goes that extra mile. In Fa's most recent assignment she has received high praise & recognition. Keep up the great work Fa.

### AUGUST BIRTHDAYS

Anthony Hariadi, Hendy Hendy, Beth Hilson, Yvonne Kendellen, Susan Muddle, Michaela Nobis, Helen Perivolarellis, Risdewi Sutrisno, Josh Titley, Mairead Conlon, Bridget Jackson, Yvonne Kendellen, Leanne Lovejoy-Burton, Emma Carter, Yvonne Diab, Amanda Long, Nicholas Lowther, Lyndsey Devaney, Christian Lev, Victoria Morley, Ryan Wildman



## RECIPE FOR AUGUST

### Easy Shepherd's Pie

Serves 4-6

Preparation Time: 20 minutes

Cooking Time: 50 minutes



#### INGREDIENTS

- 1/2 cup beef stock
- 1/2 cup grated cheddar cheese
- 1 tsp minced (fresh or jar) garlic
- 1 - 420g can HEINZ Baked Beans in Tomato Sauce
- 2-3 cups HEINZ FRESHLOCK Frozen International Mixed Vegetables
- 500g minced lean beef
- 1 tbsp oil
- 1 peeled and finely chopped onion
- 750g (6) mashed and slightly warm potatoes
- 1/2 cup tomato paste

#### METHOD

1. Brown the mince and onion in the hot oil.
2. Stir in the garlic, HEINZ Baked Beans in Tomato Sauce, tomato paste and beef stock. Cover and simmer for 10 minutes.
3. Add the HEINZ Frozen International Mixed Vegetables and stir to mix.
4. Transfer the mixture to a 6 cup capacity lasagna-style dish and then top with the potatoes and cheese.
5. Bake at 180°C for 30-35 minutes or until hot and golden.

#### Hint:

In place of potatoes, use pasta. Mix together 4 cups of cooked spiral pasta, 2 well-beaten eggs and 1 1/2 cups grated cheese and spoon on top of the mince filling. Bake as above.

Source: [www.foodinaminute.com.au](http://www.foodinaminute.com.au)

## Keeping Warm in the Winter

Here it is again, winter, cold weather and runny noses. Keeping your house warm can be hard at this time of the year. Here are some tips on how to keep warm, keep the cold at bay and save on your heating bills.

- 'Let the Sun Shine.' Keep your blinds open during the day to let the sun light in. Then trap the heat at night by closing them in the evenings.
- It might seem obvious, but wear enough clothes. Its better to warm yourself first and then the house. Also, you lose a lot of heat through your head, so get yourself a cool beanie or hat.
- How cold do you feel in bed at night? That shouldn't have much to do with the heat in the whole house. You just need to have enough blankets on your bed.
- Make sure all doors and windows are closed and sealed properly. Cover any cracks or holes in the doors and windows.
- If you have a garage that is attached to the house, make sure the doors to it are closed and sealed.
- Have showers instead of baths. Baths use the most hot water.
- Another way to keep healthy and beat the cold is-eat well. Getting proper nutrition can help fight off colds and keep your body working well.

## QUOTE FOR AUGUST

Sometimes we stare so long at a door that is closing, that we see too late the one that is open.

- Alexander Graham Bell

## BRAIN TEASER FOR AUGUST

I bend in 3 places and can beckon or accuse. I'm known to make a very good point! What am I?



Answer: A finger

## SYDNEY SCENE - SYDNEY SCENE - SYDNEY SCENE -

### FLORA SYDNEY MARATHON, FLORA/THE SUNDAY TELEGRAPH HALF MARATHON & BRIDGE RUN

14 September

Inquires: 02 8907 9400

The Flora Sydney Marathon and The Sunday Telegraph 10k Bridge Run are now firmly entrenched in the Sydney running calendar and in 2003 we introduce the Flora / Sunday Telegraph Half Marathon to allow runners a full range of distances and events.

The events in 2003 will retain the same high standards of previous years and the Flora Marathon will again track the 'blue line' to the Sydney Olympic Park. All three events will share the now legendary start line at the North Sydney Oval.



## SYDNEY SCENE - SYDNEY SCENE - SYDNEY SCENE

## TEMP NEWS - TEMP NEWS - TEMP NEWS -

Best wishes to Rachel Graham and Michelle Werner who are expecting a baby very shortly.

Congratulations to Rebecca Tinker who gets married on the 20th of September!

Well Done to Sharon Chan who found permanent work.

We would also like to wish Lyndsey Colligan a safe journey home to the UK.

CAR FOR SALE: 1995 SLX Nissan Micra, 120,100Km Manual, 1.3L Engine, power steering, straight body, interior immaculate, headlight & bonnet protectors, alloy wheels, serviced regularly, always garaged, ACT car - no rust, Pioneer CD player, new rear speakers, very cheap to run, extremely reliable, regretful sale! \$10,000 ono  
Please call Rebecca Fisher on 0402 227 558 if you are interested!

(Below) Celebrating her birthday this month with colleagues is Bridget Jackson!



(Above) Also celebrating her birthday this month is our temp consultant Louise Snooke (2nd from the left) with Sara Bailey, Kelly Kingsley, Nadine Chatwin, Janice Vella and Andrea Potter.