



Payroll News

Is it very important to advise your consultant of your change of address. This will ensure that your pay slip and spare timesheet are directed to your current place of residence.

To assist payroll in calculating your hours



of work, please ensure that your timesheet is signed by your supervisor, total hours calculated and your name placed on the top. These need to be sent to our City Office by 10 am each Friday for prompt processing. Thank you for your assistance regarding this matter.

The Quay Appointments Timesheet is available off the internet. Visit our website: www.quayappointments.com.au/timesheets.htm and follow the prompts to either download in a zipped MS Word format or open it from the website and Save straight into MS Word.



For those who have yet to inform us of your tax file number,

please do so straight away. For more information on tax procedures please visit <http://www.ato.gov.au> or call your consultant



TALKING TEMPS

Issue 32 February 2002

Master This Skill

A lecturer was giving a lecture to his students on stress management. He raised a glass of water and asked the audience, "How heavy do you think this glass of water is?"

The students' answers ranged from 20 grams to 500 grams. "It does not matter on the absolute weight. It depends on how long you hold it. If I hold it for a minute, it is Ok. If I hold it for an hour, I will have an ache in my right arm. If I hold it for a day, you will have to call an ambulance. It is the exact same weight, but the longer I hold it, the heavier it becomes."

"If we carry our burdens all the time, sooner or later, we will not be able to carry on, the burden becoming increasingly heavier. What you have to do is to put the glass down, rest for a while before holding it up again."

We have to put down the burden periodically, so that we can be refreshed and are able to carry on. When you return home from work, put the burden of work down. Don't carry it into your home. You can pick it up tomorrow. Rest and relax.

TEMPORARY OF THE MONTH—FEBRUARY 2002

Congratulations to Bindu Cholayil

Bindu's hardworking nature means she always gives assignments her best shot. She is reliable and enthusiastic, going that extra mile for us all the time. Best Wishes for her new role at Sydney Olympic Park Authority. For her efforts, Bindu will receive a \$50 gift token from David Jones

HIGHLY COMMENDED LIST

Well done to the following temps. You will all receive double movie passes for your hard work.

Van Pham

Van is always helping us out, even when the assignment is quite a distance for him to travel. He is always dependable and keeps us informed of whatever is happening in his assignment. His dedication is appreciated.

Eric Eldridge

Eric's flexible attitude means that we can rely on him at all times. His dedication to working with us shows through with his work as he receives excellent feedback. Eric always manages to help us out when needed and gives his best in all assignments.

Aline Cosson

Aline deserves the highly commended award this month for her bravery at Dept of Sport and Recreation. Her can do attitude and enthusiasm makes her one of our most consistent temps.



Morag Malloy presenting January Temp of the Month Fiona Healy (left) with her award. She was even more pleased when her manager brought out Tim Tams and Coffee to celebrate!

Remember this ...

During my second month of college, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions, until I read the last one: "What is the first name of the woman who cleans the school?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50s, but how would I know her name?

I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade.

"Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say 'hello.'" I've never forgotten that lesson. I also learned her name was Dorothy.

- Anonymous

February Birthdays

Natasha Burns, Jessica Ings, Jaydene Kana, Marieke Vrijland, Peter Wilson, Mandi Woodward, Connor Bourke, Orla O'Brien, Jeanette Stanley, Natalie Pietikainen, Patrick Yong-Ching, Jerome Orben, Claudia Pisano, Sol Andres



February Recipe Spot

Chicken and sweet soy stir-fry

Hokkien noodles and kecap manis (also called ketjap manis), a thick sweet soy sauce, are available from most supermarkets and Asian grocery stores. This recipe is best made close to serving. Not suitable to freeze. Not suitable to microwave.

Ingredients

- 1 cooked chicken
- 450g Hokkien noodles
- 1 tablespoon peanut oil
- 8 green onions (green shallots), chopped
- 2 cloves garlic, crushed
- ½ cup (125ml) chicken stock
- 2 tablespoons sweet chilli sauce
- ¼ cup (60 ml) kecap manis
- 2 cups (160g) bean sprouts

Method

Remove the flesh from the chicken and slice it thickly.

Place the noodles in a large heatproof bowl and cover with boiling water. Stand the noodles for one minute then drain.

Heat the oil in a wok and cook the chicken, onion and garlic, in batches, until the chicken is heated through and the onion is just wilted. Add the noodles to the wok with the combined stock, sauce, kecap manis and sprouts and stir-fry until the noodles are heated through.



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

Quote For February

Advice is what we ask for when we already know the answer but wish we didn't.

- Erica Jong

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



January Highly Commended Winner Tina Kennerley posed proudly.

Figure these out ... Answers below

1. If a red house is made from red bricks, a blue house made from blue bricks, a pink house made of out of pink bricks and a black house made out of black bricks ... what is a green house made out of?
2. Say "Silk" 5 times, now spell "Silk" ... what do cows drink?
3. You are driving a bus from London to Milford Haven (Wales). In London 17 people get on the bus. In Reading 6 people get off, 9 people get on. In Swindon 2 people get off and 4 people get on, In Cardiff 22 people get off and 16 people get on. In Swansea 3 people get off and 5 people get on. In Carmarthen 6 people get off and 3 people get on. The bus then pulls into Milford bus depot ... What was the name of the bus driver?



Kelly Kingsley with another Highly Commended Winner from last month, Koulla Demetriou (left) showing off her certificate

1. Glass of course!
2. Water!! Did you say Milk??
3. "Your Name" ... read the first line

