



Payroll News

IMPORTANT NOTICE

The end of the financial year here. Distribution of Group Certificates was completed on 14th July. If you have not received your Group Certificate please notify your consultant to arrange a copy to be forwarded to you.

All timesheets must come through each Friday. Those not received, will be processed the following week. Please contact your consultant in advance if you are unable to do so. This process will be enforced to ensure everyone's pay is processed promptly. Thank you.

Forget Me Not's

Be popular amongst your friends and refer them to Quay! When we get your friend working in an assignment for longer than a fortnight, you are rewarded with a double movie pass!



Calling in your availability on a regular basis reminds consultants to keep you in mind for all vacancies.

City -
9251 7339



Parramatta -
9891 9121



Talking Temps

Issue 48 JULY 2003

Temp of the Month - July 2003

Congratulations to Nessie Alegrid and Daniel Long

City Winner - Nessie Alegrid

Nessie has been one of our long term temps, having been registered with us since 1997. She has worked for us over the years in various government and private sector accounting roles. Her work is always to a high standard and she is always willing and fast with her work. The comments we consistently receive are that Nessie is a very capable and hard worker. She does a great job and is a lovely person. In her current assignment with us Nessie pushed through the end of financial year work, doing extra hours to complete it accurately and on time. Thank you Nessie for all your hard work and congratulations on being July's temp of the month.

Parramatta Winner - Daniel Long

Daniel has been doing a fantastic job in the same assignment for going on a year now. We are constantly hearing fantastic feedback on not only Daniel's performance but on his dedication to the job & always striving to do better. Most recently we received a copy of a fax sent from one of our clients customers acknowledging Daniel & his extra efforts. Daniel has been a fantastic ambassador for Quay.

City Highly Commended Winners

- **Nick Roberts** - Nick has been working for Quay Appointments since the beginning of May. Nick has always received positive feedback from every assignment he has been in. Nick a hard worker, for whom nothing is ever a problem. In his current role everyone in the office thinks he is wonderful, they've all commented about the mood and atmosphere in the office and how great it is to give him things to do, that get done quickly and accurately. They all enjoy having a good laugh with Nick.
- **Paula Keay** - This is Paula's first assignment with Quay Appointments and she has proved to be a quiet achiever. She is flexible and willing to turn her hand to whatever needs to be done in her current placement. Thank you for all your hard work.

Parramatta Highly Commended Winners

- **Elisha Francis** - Elisha has been a long term temp doing a fantastic job with one of our clients. She is regularly keeping in touch with us & keeping us up to date with further opportunities. We have received great feedback from Elisha's manager & thank her for all her efforts.
- **Belinda Bolinga** - Another great ambassador for Quay. Belinda is highly valued by the client she is working for. Belinda constantly goes over & above the call of duty & always puts forward her best. Thank you Belinda

JULY BIRTHDAYS

Warwick Brown, Stephen Chanphakeo, Louise Durning, Deborah Flowers, Alexis Green, Paul Laffan, Michelle Stancombe, Winnie Murphy, Bally Pabla, Jennie Butterworth, Ben Cox, James Miller, Irene Ooi, Amy Juggins, Laura Preston, Victoria Curtis, Charlie Mese, Venna Ngoei, Renelou Padora, Scott FirmStone, Sundeep Das, Ming Lum



RECIPE FOR JULY

CREAMY CHICKEN LAKSA

Serves 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes



INGREDIENTS

- 1 thinly sliced carrot
- 400g chicken breast strips
- 1/3 cup coriander leaves
- 1 green beans, cut into 2cm pieces
- 1 cups green beans, cut into 2cm pieces
- 2 - 85g HEI NZ 99% Fat Free 2 Minute Noodles - Spicy Chicken
- 3 1/2 tbsp Laksa paste
- 2 cups 'lite' coconut milk
- 1 tbsp oil
- 2 chopped spring onions
- 3 cups boiling water

METHOD

- Heat oil in a large saucepan and stir fry chicken strips and Laksa paste for 2 minutes.
- Add coconut milk and boiling water to the pan and heat until boiling.
- Stir in the HEI NZ 99% Fat Free 2 Minute Noodle Flavour sachets, spring onions, carrot and beans. Add the noodles to the pan. Simmer for 2-3 minutes.
- Serve Laksa topped with a generous amount of coriander leaves.

Hint:

Substitute shredded bok choy leaves for green beans, a delicious alternative.
Try using green prawns instead of chicken for a special Prawn Laksa.
Serve Laksa with a small side dish containing chopped chilli, lime wedges and extra coriander for individual tastes.

Source: www.foodinaminute.com.au

Feeling sluggish? Myths about food and mood

I'm sure you'll agree that when you're feeling down in the dumps, watching a good movie with a tub of popcorn in your lap can work wonders. After all, movies are a great way to escape. But did you know that the popcorn is also making you feel warm and fuzzy? That's because food really can influence our mood.

Fish is best to put you in a studious mood - FALSE

While fish or any protein will help with alertness, a substance called choline is the best for your memory and concentration. Eggs and liver are two foods very high in choline.

Dieting puts you in a bad mood — TRUE

Generally about two weeks into a diet you become rotable. Well it's often because your body is craving carbohydrates, like popcorn, or potatoes and bread. Although they can be higher in calories, carbohydrates pump up those vital brain chemicals that help to cheer you up - especially serotonin — it reduces pain and helps you sleep.

Chocolate puts you in a happy mood — TRUE

One of the chemicals in chocolate helps our bodies produce norepinephrine — a vital stress hormone. It only takes about 2 large squares of chocolate to stimulate bliss — including endorphins.

QUOTE FOR JULY

Motivation is what gets you started
Habit is what keeps you going
- Jim Ryum

BRAIN TEASER FOR JULY

Peter picked one pepper more than Paul. Pat picked one pepper more than Pam. Peter and Paul picked 10 more peppers than Pat and Pam. Peter, Paul, Pat and Pam picked 60 peppers. How many peppers did Peter pick?



Answer: 18 Peppers!

SYDNEY SCENE - SYDNEY SCENE - SYDNEY SCENE -

OPERA ON THE BAY (DARLING HARBOUR WINTER CONCERT SERIES)

**Aquashell, Cockle Bay, Darling
Harbour, 7pm-8pm 1902 260 568**



This concert has been hailed by audiences as 'a stunning evening' & 'truly unique event'. Accompanied by the superb Australian Opera & Ballet Orchestra Ensemble, conducted by Tom Woods, the evening features four of Opera Australia's most exciting soloists: Nicole Youl, soprano, Deborah Humble, mezzo soprano, Ding Yi, tenor & Michael Lewis, baritone. The fireworks finale to Radetsky's March that is sure to make this particular winter evening, an opera lover's delight!

SYDNEY SCENE - SYDNEY SCENE - SYDNEY SCENE -

TEMP NEWS - TEMP NEWS - TEMP NEWS -

Congratulations to Janelle Lansley who recently went perm in her role at Corrective Service and also to Helene Dowson who went perm in her temp job.

Well Done to the following who found permanent work: Alexis Green, Katherine Shields and Erica Murray

Fantastic work to Amanda Fullerton who recently went on a Section 38 contract!

We would also like to wish Rebecca Gordon a safe journey home to the UK next week

(Below) Well Done to James Bannister (at the front on the left with colleagues) June's TOM City Winner.



(Left) Celebrating her birthday with colleagues is Louise Durning!



(Below) Also celebrating his unreal birthday this month with colleagues is Stephen Chanphakeo!

