



Payroll News

IMPORTANT NOTICE

The end of the financial year is here. All Payment Summaries (aka Group Certificates) will be distributed by 14 July 2003.

Quay Appointments would like to introduce:

Sharyn Munro who is currently looking after payroll. If you have any queries regarding payroll, you can contact her via e-mail on:

payroll@quayappointments.com.au.

She is only in the office on Tuesdays and Fridays, but will be happy to answer any of your queries.

Forget Me Nots

Good luck with your tax returns. Take care, take your time with figures if your doing your own.

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 47 June 2003

I would like to introduce Sara Bailey (Government Temporary Consultant)

Sara is a welcome member to the City Team and comes from a Customer Service Background.

What Sara loves most about her job:

The Variety and the people.

Favourite drink: Frozen Margarita

Favourite pass time: Meeting with friends

Favourite snack: Raspberry Fredo Frogs

3 words that best sum you up: Friendly, easy going and bubbly



Temp of the Month - June 2003

Congratulations to James Bannister and Peter Randall

City Winner - James Bannister

James Bannister has been with Quay Appointments and the same Govt department for over a year now, and has proved to be a most valued employee. The feedback we have received from James' Managers has been very favourable. They say that not only is his intelligence, analytical skills, computer skills and process and procedure ideas of great benefit, he is also upbeat, friendly and has a diligent work ethic. James' sense of humour and personality has been a valuable asset within the team helping to ensure moral remains high. We would like to thank James for all his hard work and congratulate him as our June Temp of the Month.

Parramatta Winner - Peter Randall

We are constantly receiving positive feedback on Peter's performance. He has recently received a pay increase to reward and recognised his effort. Peter is a great ambassador for Quay Appointments and is considered to be a great member of the project team.

City Highly Commended Winners

- **Renee Grasso** - Renee has worked to a consistently high standard for Quay since November 2002, receiving high praise from all the clients she has worked for. With Renee's flexible approach and cheery personality she is a pleasure to have onboard with Quay.
- **Kalli Rezitis** - Kalli has been working for NRMA since early April. Kalli was originally booked for a short term assignment, though due to her great performance and adaptability she has been requested back a number of times. We thank Kalli for all her great work and hope that she continues at NRMA for a while longer.

Parramatta Highly Commended Winners

- **Steven Atkins** - Steven has been working for Quay Appointments since September last year and has had on going positive feedback from our clients. His positive attitude and communication skills have made him a great ambassador for Quay Appointments
- **Leanne Wong** - Leanne has received fantastic feedback from our clients. She is very highly regarded by our clients & they see Leanne as a great representation of the temporary work force.

RECIPE FOR JUNE

Low Fat Chocolate fudge brownies

Who said chocolate brownies could never be low fat?

Ingredients

90g polyunsaturated reduced-fat spread, melted
330g (1½ cups) caster sugar
50g (½ cup) cocoa
110g (¾ cup) plain flour
75g (½ cup) self-raising flour
3 egg whites, beaten lightly

METHOD:

Pre-heat the oven to moderate (180°C). Grease a 19cm x 29cm rectangular slice pan and line the base and two opposite sides with baking paper.

Combine the butter and sugar in a medium bowl. Stir in the sifted cocoa and flour then egg whites. Spread the mixture into the prepared pan and bake in a moderate oven for about 30 minutes or until firm, covering the top loosely with foil if it is over-browning. Cool in the pan then cut into 16 pieces. Dust with icing sugar, if desired.

Suitable to freeze.

Not suitable to microwave.

Cook's Note: We used Becel diet spread for this recipe which has a fat content of 40 per cent. Other spreads would also be suitable.

Makes 16.

Per slice: 2.8g fat; 630kj.

Preparation: 15 mins.

Cooking: 30 mins.

This recipe can be made three days ahead

HEALTH NEWS

I thought the below quote from Dr Robin Molella was appropriate as the onset of winter cooler temperatures, moist air, less outdoor activity, more time indoors in close contact with family, friends and workmates – conditions just perfect for the incubation and spreading of cold and flu viruses.

“You can't let work override staying healthy,” says Dr. Robin Molella, a prevention specialist, at Mayo Clinic, USA. Taking an active role in keeping your health on track and your stress levels at a minimum, will help you perform better not only at work but in all areas of your life.”

JUNE BIRTHDAYS

Sharon Chan, Briana Cunningham, Seles Gunaratnam, Phillip Hyde, Linda Lai, Erica Murray, Jocelyn Payne, Margaret Rogers, Carolyn Lee, Genevieve Clarke, Liz Garcia, Tim O'Sullivan, Lucy Beckett, Kelli Cutler, Tuaina Taumaa, Emily Howe, Cherie Hocking, Clare Houston.

QUOTE FOR JUNE:

Putting off an easy thing makes it hard.
Putting off a hard thing makes it impossible .

- W.G.P

BRAIN TEASER FOR June

There is one in a minute and two in a moment, but only one in a million years. What are we talking about?

Answer: the letter m

SYDNEY SCENE - SYDNEY SCENE - SYDNEY SCENE -

The 14th Annual International Music Festival Performances Begins Saturday 28th until 30 June Harbour side Amphitheatre, DARLING HARBOUR



11am-2pm daily. 1902 260 568 Darling Harbour Info Line

University bands & choirs from around the world compete over two full days of truly international music. The Welcome Wall

Northern Wall, Australian National Maritime Museum 2 Murray Street, DARLING HARBOUR

9298 3777 Australian National Maritime Museum

A 100 metre bronze wall, paying tribute to the hundreds of people who crossed the world to settle in Australia

African Footprint

Footbridge Theatre, Parramatta Rd, Glebe 8.15pm Tue-Fri; 6pm & 9pm Sat; 3pm Sun 9266 4800 (Bookings)

The internationally acclaimed musical that takes you on a journey of Africa's unique heritage & landscape. It fuses the rhythms of both ancient & contemporary Africa, creating and explosive stampede of song & dance as the artists stomp, jive, tap, drum & sing to the beat of Africa.

SYDNEY SCENE - SYDNEY SCENE - SYDNEY SCENE -

(Below) Well Done to Debbie Lord, March's TOM Parramatta Winner. For her efforts, Debbie was presented with a \$50 David Jones Gift Token.

(Below) A farewell to Eileen who was temp administrator and who also published this newsletter. Eileen was with Quay Appointments for 3 years and is now moving on into the marketing industry. Quay Appointments wishes Eileen all the best!!!

