



## Payroll News

### IMPORTANT NOTICE

If you are having trouble logging into our "timesheets online" web page, please email Shallain McCarney on smccarney@quayappointments.com.au with your log on details for verification. Alternatively, please contact your consultant.

Take advantage of submitting your timesheet online! No more dealing with the fax machine and waiting for confirmation slips! If your supervisor does not have log on details, please advise them to contact your consultant. For general enquiries regarding timesheets online processes, please contact either Shallain or Eileen on 9251 7339.

*Don't forget to advise your consultant promptly when you receive your tax file number as not doing so may result in you being taxed at a higher rate. Please remember that this is your responsibility.*

## Forget Me Not



**Wishing all our temps a belated Happy**

**St Patrick's Day. Hope you all enjoyed that famous Guinness Brew.**



*Thinking of updating your computer skills? Come into both our branches for*

*FREE training on packages such as Word, Excel, Power Point and Access. There are skill levels for all users. For more information and to book a timeslot, please contact your consultant.*



# Talking Temps

**Issue 44 MARCH 2003**

## CONGRATULATIONS TO MARCH'S TEMP OF THE MONTH 2003

### **Parramatta Temp of the Month - Sol Andres**

Since placing Sol in her assignment over a year ago, she has received several extensions due to her hard work, reliability and friendly nature. Sol has proved herself in the role and consistently receives positive feedback. She is enthusiastic about her work and always gives 100% in everything.

### **City Temp of the Month - Trish Townshend**

Trish has been nominated by her supervisor as temp of the month. Trish started there 3 months ago and quickly became a valued team member. She is punctual, has a flexible and professional approach to her work, with a pleasing personality. Trish is a seeker of knowledge and experience, no job is too big or too small.

### **Highly Commended Winners - Parramatta**

**Sara-Jane Drew** - For her flexibility, professionalism and hard working nature. She has been asked to work in another department as a result of her excellent work.

**Berlinda Lai** - A quiet achiever, Berlinda has a friendly and polite nature that makes her a pleasure to deal with. Her work has consistently received positive feedback.

**Vineeta Mudaliar** - Vineeta has certainly impressed! Her organisation skills has seen her take on a wide range of duties from answering reception to PA duties.

### **Highly Commended Winners - City**

**Julia Shanahan** - Our client has said that Julie's attitude is excellent, willing to do anything and everything! She also often puts in extra hours without being asked.

**Sari Mutzelburg** - Sari has proved to be very reliable and always makes an effort to take on assignments even when she has to travel to get to them.

**Zena Foyster** - For her flexible approach, taking on anything from same day assignments through to roles with unusual working hours and new tasks.

## **Become a more positive person! Listen to these thoughts ...**

- Don't undermine your worth by comparing yourself with others. It is because we are different that each of us is special.
- Don't set your goals by what other people deem important. Only you know what is best for you.
- Don't take for granted the things closest to your heart. Cling to them as you would your life, for without them, life is meaningless.
- Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.
- Don't be afraid to encounter risks. It is by taking chances that we learn how to be brave.
- Don't run through life so fast that you forget not only where you've been, but also where you are going.
- Don't be afraid to learn. Knowledge is weightless, a treasure you can always carry easily.
- Don't use time or words carelessly. Neither can be retrieved.

## TEMP NEWS - TEMP NEWS - TEMP NEWS

- Congratulations to Bindu Cholayil, Ayse Sutunc and Stacey Coombes who have been offered permanent roles at their current assignments.
- Best Wishes to Denise Dunstan and her partner who recently got engaged.
- Good Luck to our 300 plus State Election workers who have successfully passed and will be ready to tackle both digits and boxes come March 22!
- Well done Sascha Chahwan-Harris who went on a Section 38

### Skimming Off the Top

Here are seven simple get-that-excess-weight-off ideas:

- A spoonful of sugar can add up over the course of a year. Add one less teaspoon sugar (15 calories) to your cup of morning and afternoon coffee each day and you'll save about 10,000 calories the equivalent of about 3 pounds per year.
- Slim down that bowl of cereal: Switch from 1 cup regular whole milk to 1% milk (about 50 calories less per cup) every day. Once your taste buds adjust, you'll be thrilled! That's a tad more than 5 pounds lost by this same time next year.
- Take the scenic route. Park your car as far as possible from the entrance to your office, the shopping mall or a restaurant and get those legs pumping. Ten minutes of daily moderate paced walking (five minutes each way burns about 20 calories) can take off four-plus pounds a year.
- Get your vitamin C boost with a whole orange (60 calories) instead of a cup of juice (110 calories) each day. Your 12-month savings: 5 1/4 pounds.
- Go calorie-free by switching from regular to diet soda (150 versus 0 calories per can). If you drink one can per day, that's nearly 16 pounds lost in a year.
- Flavour-up your sandwiches with very low-cal condiments like mustard or vinegar instead of calorie-packed butter. Leave off 1 tablespoon (100 calories) every day and you're looking at close to 10 1/2 pounds a year.
- Down-size, don't super-size, fast food meals. Opt for a small McDonald's French fries (210 calories) instead of a large order (450 calories) at your weekly fast-food meal. You'll enjoy the same great taste all year long but with an added bonus: 3 1/2 pounds lost.

Source: [fitness.msn.com](http://fitness.msn.com)

## MARCH BIRTHDAYS

Steve Atkins, Belinda Bollinger, Kym Brackenrig, Olivera Tomic, Renee Gottardo, Elasi Zena, Gai Sturtridge, Heather Manley, Sandara Sutalo, Carolyn Lakos, Diana Low



## RECIPIE FOR MARCH - Potato Wedges

Serves: 4 Prep time: 35 minutes

Cooking time: 50 minutes

### Ingredients

- 4 Pontiac potatoes, peeled and cut into eight wedges
- 5-6 tablespoons butter (or just enough to lightly cover each wedge), melted
- 1 cup breadcrumbs
- 2 tablespoons olive oil

### Method

- Preheat the oven to 175C.
- Brush the wedges with a small amount of butter and roll them all in the breadcrumbs.
- Place them all on a greased baking tray.
- Bake them for 20 minutes and then remove from the oven, turn over and cook for a further 10 minutes or until they are crisp on the outside and soft inside.
- Serve with a dollop of sweet chilli sauce and some low-fat yoghurt.

### Hot Tip

If you want really brown and crispy wedges make sure that you don't cut them into chunks that are too large.

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

## QUOTE FOR MARCH

"Freedom is that instant between when someone tells you to do something and when you decide how to respond."

-Dr. Jeffrey Borenstein



This month we wish a Happy Birthday to Shallain McCarney (Quay's Payroll Guru). Helping her celebrate is Kelly Kingsley (left, Temp Team Leader)

Congratulations to February's Temp of the Month (Parramatta) Janelle Lansley (right) who is seen here with her supervisor Rosemary Doyle. Hot in her other hand is the \$50 David Jones' Gift Token that she received as her prize.



## BRAIN TEASER FOR MARCH

What living thing has only one foot?

Answer: A Leg!