



Talking Temps

Issue 46 MAY 2003

IMPORTANT NOTICE

The end of the financial year is fast approaching. If you have moved or are unsure if we have your correct address details, please contact your consultant immediately.

We're here to help! If you are experiencing problems with your fax machine and are unsure if payroll has received your timesheet, please send it through once and wait until after lunch for a consultant to contact you.

We notify all temporaries of their missing timesheets as we want to make sure you get paid!

Alternatively, you may submit your timesheet online and avoid standing at the fax machine! For information of your log in details and password, please contact your consultant.

Forget Me Not

Belated Happy Mother's Day to all our hard working mums!



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

Get to know your consultant - Kirsten Atkins (Parramatta Government Account Manager)

Kirsten is a welcome member to the Parramatta Team and comes from a sales background. She believes what makes a great Quay Temp is their proactive nature with calling in their availability. She also notes them to be competent, happy, take initiative & are always reliable.



What do you love most about your job: So far the best thing about my job is the team that I am working with

Favourite Movie: Notting Hill

Favourite Snack: Cheese, crackers & dip

Best kept secret in Sydney: Is Watson's Bay looking back on the Harbour still a secret?

Favourite Hobby: I love having a dinner party & catching up with friends

Favourite drink: A good red!!

3 words that best sum you up: happy, family and fun

Temp of the Month - May 2003

Congratulations to Rebecca Gordan and Anne Martin

City Winner - Rebecca Gordan

An eager mind set and friendly demeanor has seen Rebecca being requested back in her original assignment. Always ready to tackle any task she is possesses a hard working and reliable nature. Our client could not speak highly enough of her and she is always well presented.

Parramatta Winner - Anne Martin

Anne has been a star temp for our Parramatta branch. Whatever the requirement, she has proven herself time and time again to be a very reliable representative of Quay. She is eager to take on any role and consistently strives to do her best in it. She shows great initiative and always helps out where needed.

City Highly Commended Winners

- **Laura Preston** - Laura is an efficient and polite worker who has been praised highly in all her assignments.
- **Katie Beel** - for her flexible attitude, willingness to do anything and her "nothing is ever too much trouble" way of thinking.

Parramatta Highly Commended Winners

- **Janice Storey** - a committed temp of Quay, Janice always goes the extra mile and her work is of a consistently high standard.
- **Kristoffer Alegrid** - for his loyalty and dedication, we also received fantastic feedback on his last assignment.

RECIPE FOR MAY

Edgell Chicken and Corn Tacos

Serves 4-6



INGREDIENTS

2 skinless chicken breast fillets, cut into strips
2 teaspoons Mexican Mild seasoning
1 tablespoon oil
8 Taco shells, heated
310g can Edgell Corn Kernels, drained
1 avocado, chopped
2 tomatoes, finely diced
1/2 cup sour cream, optional
Chives for garnish

METHOD

1. Coat chicken strips in Mexican seasoning. Heat oil in pan, add chicken strips and cook for 3-4 minutes or until cooked through.
2. Fill heated Taco shells with cooked chicken and a spoonful Edgell Corn Kernels, avocado and diced tomatoes. Top with sour cream and sprinkle with chives. Serve immediately.

TIP

2 medium beef steaks (cut of choice) cut into strips, can also be used for this recipe.

Source: www.simplygreatmeals.com.au

AUTUMN HEALTH TIPS

Be wise and get yourself checked over so that you are prepared for the biggest illness season of the year - Winter. In addition to your annual check-ups and immunisations, try these basic preventive measures to help keep cold and flu at bay:

GET PLENTY OF REST

A good night's sleep will help keep your resistance up.

EXERCISE REGULARLY

Exercise keeps your heart strong and gives you the reserve strength to fight off illness.

WASH YOUR HANDS

Using a good antibacterial soap, water and a washcloth is still one of the best ways to fight the spread of germs.

AVOID SHARING CERTAIN ITEMS

Particularly avoid sharing items with moisture on them - for instance, drinking glasses and towels.

AVOID CROWDS DURING EPIDEMICS

Remember, entire schools have been shut down as a result of a flu epidemic.

BE ON GUARD

Especially during the holidays. People get run down, they collect in large groups, they hug and kiss - all fun stuff, but a real breeding-ground for illness.

Source: www.healthlink.com

MAY BIRTHDAYS

Michelle Tabone, Vineeta Mudaliar, Suzanne Chong, Branka Kipic, Liza Mackenzie, Meredith Sims, Julie Shanahan, Mark Thomson, Sue Baek, Nancy Harlock, Martin Pilbeam, Barbara Rogers



QUOTE FOR MAY

Mankind are governed more by their feelings than by reason.

- Samuel Adams

BRAIN TEASER FOR MAY

Two cows were standing in a field. One was looking south and the other was looking north. But they could see each other without turning around. How?



Answer: They were standing facing each other!

SYDNEY SCENE - SYDNEY SCENE - SYDNEY SCENE -

Launching this month, we will feature interesting places in Sydney for all our travelling visitors and locals may discover some hidden secrets about our city too!



SYDNEY'S ORIGINAL COMEDY STORE

Shop 102, Building 207, Bent Street, Fox Studios MOORE PARK NSW 1361. Phone: (02) 9357-1419

Sydney's oldest comedy club performs in this plush 300-seat theatre in the vast movie production facility at Fox Studios. The theatre is located at the rear of the studio complex, close to the parking lot. The Comedy Store is a forum for discovery by producers, directors and talent scouts. International celebrities drop in and regularly perform unannounced such as the likes of Robin Williams and Tom Arnold. Various shows run from Tuesday-Saturday with admission starting from concession \$10 to \$27.50.

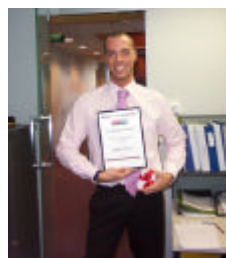
JIBBON HEAD, BUNDEENA

Royal National Park Visitor Centre - Farnell Avenue, AUDLEY HEIGHTS NSW 2232. Phone: (02) 9542 0648

The Jibbon Head aboriginal engravings site is one of the richest and most preserved in the Sydney metro area. Located in the Royal National Park near Bundeena, it has splendid beaches and bushwalking tracks on the way to the engravings site and in the surrounding area. Accessible by car (National Park entry fees apply) or a ferry across from Cronulla. The engravings are best reached from the eastern part of Jibbon Beach - just follow the signs. If you're driving into the park, you will need to purchase a vehicle day pass. This costs \$10.

SYDNEY SCENE - SYDNEY SCENE - SYDNEY SCENE -

(Below) Well Done to Andrew Morris, April's TOM City Winner. For his efforts, Andrew was presented with a \$50 David Jones Gift Token.



(Below) We love our birthday cake too! Helping Kelly (middle, City Temp Team Leader) celebrate her birthday (and Red Nose Day!) are staff from our City Branch. From left: Anthony, Claire, Heidi, Janice, Tina, Louise and Dawn.

