



Staff Bulletin

33rd Edition

AUGUST 2016



Appreciation of Hard work **Advisory Corner**

One young academically excellent person went to apply for a managerial position in a big company. The director discovered from the CV that the youth's academic achievements were excellent all the way, from the secondary school until the postgraduate research.

The director asked, "Did you obtain any scholarships in school?" The youth answered "none".

The director asked, "Was it your father who paid for your school fees?" The youth answered, "My father passed away when I was one year old, it was my mother who paid for my school fees".

The director asked, "Where did your mother work?" The youth answered, "My mother worked as clothes cleaner". The director requested the youth to show his hands. The youth showed a pair of hands that were smooth and perfect.

The director asked, "Have you ever helped your mother wash the clothes before?" The youth answered, "Never, my mother always wanted me to study and read more books".

The director said, "I have a request. When you go back today, go and clean your mother's hands, and then see me tomorrow morning".

The youth felt that his chance of landing the job was high. When he went back, he happily requested his mother to let him clean her hands. His mother felt strange, happy but with mixed feelings, she showed her hands to him. The youth cleaned his mother's hands slowly. His tear fell as he did that. It was the first time he noticed that his mother's hands were so wrinkled, and there were so many bruises in her hands. Some bruises were so painful that his mother shivered when they were cleaned with water.

This was the first time the youth realized that it was this pair of hands that washed the clothes everyday to enable him to pay the school fees. The bruises in the mother's hands were the price that the mother had to pay for his graduation, academic excellence and his future. After finishing the cleaning of his mother's hands, the youth quietly washed all the remaining clothes for his mother. Next morning, the youth went to the director's office.

The Director noticed the tears in the youth's eyes, asked: "What have you done and learned yesterday in your house?" The youth answered, "I cleaned my mother's hand, and also finished cleaning all the remaining clothes".

The Director asked, "please tell me your feelings". The youth said, "Number 1, I now know what appreciation is. Without my mother, there would not be the successful me today. Number 2, By working together and helping my mother, I now realize how difficult and tough it is to get something done. Number 3, I have come to appreciate the importance and value of family relationship".

The director said, "This is what I am looking for to be my manager. I want to recruit a person who can appreciate the help of others, a person who knows the sufferings of others to get things done, and a person who would not put money as his only goal in life. You are hired".

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CORE VALUES
Relationship
Excellence
Support
Passion
Efficiency
Creativity

Trustworthiness

Staff bulletin is a newsletter with the primary objective of disseminating information and other issues in the organisation to all members of staff

WORDS OF WISDOM

Helen Keller

"Life is a daring adventure or nothing at all."

QUOTE OF THE MONTH

Galatians 6:2

Bear ye one another's burden and so fulfill the law of Christ.

MEMORY VERSE

OTHER WISE SAYINGS

"Once you say you're going to settle for second, that's what happens to you in life." John F. Kennedy

"There is no passion to be found playing small--in settling for a life that is less than the one you are capable of living." Nelson Mandela

"If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much." Jim Rohn

"I've failed over and over and over again in my life and that is why I succeed." Michael Jordan

"In three words I can sum up everything I've learned about life: it goes on." Robert Frost

Staff Issues

Staff of the month for August

Joyce Agyemang- Relationship Officer , Accra Branch
 Evans Nana Amankwa - Relationship Officer , Kumasi Branch
 Justice Adjei Boakye—Accounts Officer, Takoradi Branch



Top Five CSL Agents for 1st half Rewarded



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Top Five CSL Agents for 1st half Rewarded



Birthdays

The entire management and staff of TF Financial Services wish the following October birthday celebrants a happy birthday as they celebrate these momentous days of their lives:



Mr. Etoram Beddy - 2nd October

Ms. Juliana Acquah - 4th October

Miss Joyce Ataa Agyemang - 8th October

Mr. Kwame Nkrumah - 13th October

Mr. Dela Amedzro - 19th October

Mr. Evans Kofi Agbenyegah - 27th October

General Knowledge

You Can Do Organic Vegetable Gardening At Home

Anybody can do organic vegetable gardening at home because the principle behind this is not that different from what they do in the farm. The only difference is that you work in a smaller area and you get to choose what you want to plant.

The first thing you have to do is find an ideal location. A lot of people do organic vegetable gardening in their backyard. To make it work, whatever you are planting should get at least 6 hours of sunlight everyday and access to water.

Just like the ancient civilizations that relied on an efficient irrigation system, you too should do the same by making sure there is adequate drainage because if you don't, you will have to do organic vegetable gardening using a raise bed.

When your ideal location has been found, it is time to cultivate the land. For that, you will need your gardening tools and a pair of gloves to pluck out the weeds on the ground. This might take a few days to make sure the area is ready for planting.

You will only know if the ground you are going to plant your vegetable is a good spot by testing it with some compost and mixing this with the soil.

Should it be able to integrate and stabilize itself with the soil, this means that you can start planting your crops and see it grow in the succeeding weeks.

As for your vegetables, take note that some of these may not be suitable in the land you are planting these on. This is because of several factors that are beyond your control such as the weather, pests and other plant borne diseases. You can avoid making this mistake by doing some research on what vegetables are ideal to plant in your area and asking fellow organic gardeners.

One way to protect the organic vegetables you are planting is by planting a variety of them at a time since some of these protect each other from pests. Such practice is better known as crop rotation especially when you want to adapt with the weather in your area. Another defense system that works is getting the help of Mother Nature as birds, certain insects and even toads have proven to be useful. If you live in an area where wild animals may eat your vegetables, you should put up fences so they are not able to get through. Other tools you can use are animal hair, baby powder and deodorant soaps. Part of preparing the land is removing the weeds. But remember that new weeds grow after some time so you have to inspect the area from time to time. Planting your own organic vegetable garden at home will surely save you money as these are quite expensive in the supermarket.

Health Tips

Hidden Dangers in your kitchen and how it can affect your Health

There are endocrine-disrupting chemicals (EDCs) found in Plastic. These chemicals closely mimic hormones, so your body can't tell them apart from the hormones your body makes. These EDCs literally instruct your body to store weight, as if there was a famine.

The chemicals found in plastics are released into your food more than **fifty times faster** by exposure to heat.

For example, eating hot food with a plastic spoon or fork, eating hot soup from a plastic bowl, cooking or warming your food in a plastic container in a microwave, using a plastic spatula or spoon to cook your food, drinking hot liquid from plastic cups or paper cups lined with plastic, boiling your water in a plastic kettle, making coffee in a plastic coffee machine, and so on.

We use plastic utensils, cutlery, trays, micro-wave safe containers, plastic lunch containers, canned food, milk and other paper containers that are lined with a thin plastic film.

Please note, that by caned food I am referring to food used in cans, not glass. These foods are often poured hot into plastic lined metal cans. The effect: long after the temperature has cooled down, the plastic continues to release chemicals into our food. And it releases these chemicals even faster in the case of acidic foods such as tomatoes, fruit, beans, and juice.

What about ready made meals in plastic containers or in plastic bags, those that you just pop into the microwave or immerse the plastic bag into hot water to cook? You cook your food in plastic. Stay away from these!

Drinking

Plastic coffee mugs and water bottles leach out BPA into your water, they do it even faster, much faster, when the plastic gets hot. Have you ever left a plastic water bottle in your hot car and when you drank the hot water it tasted like plastic? I did, and if you really paid attention, your water really did taste like plastic.

Drinking water from Plastic bottles makes you fat

Plastic bottles are made from chemicals like Bisphenol A (BPA) and are disturbing our endocrine systems by mimicking estrogen hormones in our bodies. It tells our bodies to start storing fat. Your body is given a signal that you are in a starvation period, so it will store all the calories that it gets by slowing down your metabolism.

So, if you think you are going to lose some weight by drinking water from plastic water bottles, think again. You will probably put some weight on instead.

Jokes



The Little Angel

Johnny: Mum you lied to me.

Mum: How?

Johnny: You said my brother is a little Angel

Mum: Yes he is!

Johnny: How come he didn't fly when I threw him from the balcony

MUM FAINTED

The Patient and the Doctor

Patient : I have a serious problem.

I can never remember what I just said.

Doctor: When did you first notice this problem ?

Patient: Problem? What problem. ?



Why is a birthday cake the only food you can blow on and spit on



and everybody rushes to get a piece?

- Bobby Kellon

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Brain Teasers

Where does geothermal energy come from?

What does man love more than life,
fear more than death or mortal strife,
what the poor have the rich require,
and all contented men desire.
What misers spend and spendthrifts save
and all men carry to the grave?

I have four wings, but cannot fly,
I never laugh and never cry;
On the same spot I'm always found,
toiling away with little sound.

Answers to Previous Brain Teasers

An electric train is moving north at 100mph and a wind is blowing to the west at 10mph. Which way does the smoke blow?

Answer : Electric train does not emit smoke.

Some months have 31 days, others have 30 days. How many have 28 days?

Answer : All days have 28 days

What invention lets you look right through a wall?

Answer : Window

Which is correct to say, "The yolk of the egg is white" or "The yolk of the egg are white"?

Answer : None. Yolk of egg is yellow

Feed me and I live, yet give me a drink and I die Who am I? .

Answer : Fire

How to Create a Professional Attitude in the Workplace



The way you conduct yourself at work can determine how others will treat you. Image is created from a number of elements, including the way you dress, the competency level of your work, showing up on time and how you treat the people around you. Combining these elements to create a positive and professional reputation for yourself can be advantageous to your career, in both the short and long term.

Step 1

Dress appropriately for your company and office. Your appearance is often the first thing that people judge you on; when you look like a professional, you are more likely to be perceived as a professional. Maintain a professional appearance by being dressed in clothing that have been laundered and pressed, fits well and does not have any holes or rips.

Step 2

Portray a positive attitude. The employee who doesn't let small problems interfere with getting the job done is appreciated for her professional attitude.

Challenges happen in every office; whether the copy machine breaks at a crucial moment, lunch didn't get delivered on time or extra hours is required to finish a project, facing the problem with a positive attitude will likely be noticed by management.

Step 3

Prove your competence level. Part of being professional is getting the job done and doing it well. You should possess the skills that you need in order to do your job while also taking it upon yourself to improve in the areas where you are deficient.

Step 4

Show your supervisor that you are a reliable worker. Unreliable people can interfere with the organization meeting its goals. Therefore, proving that you are reliable can help you to present a professional attitude. Arrive at work on time in the morning, turn projects in when they are due and be prepared for meetings and events. Additionally, confront and own the mistakes that you make. Mistakes can often be fixed but a reputation for dodging responsibility may stick with you.

Step 5

Treat your supervisors and co-workers with respect. Act in a friendly manner and be interested in what your colleagues have to say. Avoid gossiping or bad-mouthing anyone in your company; gossiping is a fast way to ruin your reputation.

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