



32nd Edition

Staff Bulletin

JUNE 2016



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

SHARK BAIT

Advisory Corner

During a research experiment a marine biologist placed a shark into a large holding tank and then released several small bait fish into the tank.

As you would expect, the shark quickly swam around the tank, attacked and ate the smaller fish.

The marine biologist then inserted a strong piece of clear fiberglass into the tank, creating two separate partitions. She then put the shark on one side of the fiberglass and a new set of bait fish on the other. Again, the shark quickly attacked. This time, however, the shark slammed into the fiberglass divider and bounced off. Undeterred, the shark kept repeating this behavior every few minutes to no avail. Meanwhile, the bait fish swam around unharmed in the second partition. Eventually, about an hour into the experiment, the shark gave up. This experiment was repeated several dozen times over the next few weeks. Each time, the shark got less aggressive and made fewer attempts to attack the bait fish, until eventually the shark got tired of hitting the fiberglass divider and simply stopped attacking altogether. The marine biologist then removed the fiberglass divider, but the shark didn't attack. The shark was trained to believe a barrier existed between it and the bait fish, so the bait fish swam wherever they wished, free from harm.

The moral: Many of us, after experiencing setbacks and failures, emotionally give up and stop trying. Like the shark in the story, we believe that because we were unsuccessful in the past, we will always be unsuccessful. In other words, we continue to see a barrier in our heads, even when no 'real' barrier exists between where we are and where we want to go.

WORDS OF WISDOM

Albert Einstein

"Only a life lived for others is
a life worthwhile."

QUOTE OF THE MONTH

Song of Solomon 8:6

Jealousy is as cruel as death.

MEMORY VERSE

OTHER WISE SAYINGS

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

"Life takes on meaning when you become motivated, set goals and charge after them in an unstoppable manner." Les Brown

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

"Don't take life too seriously. You'll never get out of it alive." Elbert Hubbard

"Each life is made up of mistakes and learning, waiting and growing, practicing patience and being persistent." Billy Graham

"Each person must live their life as a model for others." Rosa Parks

Staff Issues

*Time with staff
of the month for June*

Yaa Agyakoma Ampomah - Relationship Officer , Kumasi Branch
Emefa Fiati- Relationship Officer , Accra Branch
Emmanuel Amihere—Compliance Officer, Accra Branch



**YAA AG-
YAKOMA
AMPO-
MAH**



**EMEFA
FIATI**



Staff Issues

*Time with staff
of the month for June*

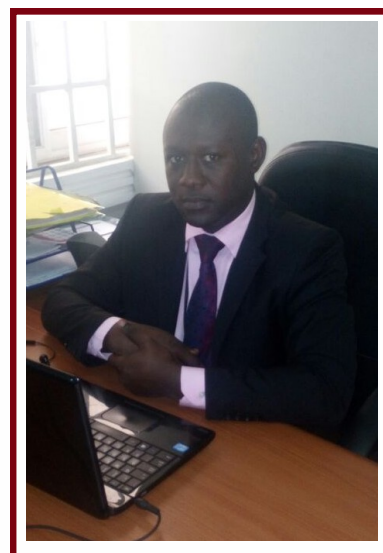
Learn more about Emmanuel Amihere

Emmanuel Amihere is a young man who holds MBA in Accounting and Finance from University of Professional Studies (UPSA) and currently a student of the Institute of Chartered Accountant (ICA) Ghana.

He is a hardworking man who believes in excellence. He is passionate with his job and result oriented.

He is selfless, respectful, a team player and embodies what it means to be a leader.

He loves watching movies and hanging out with friends. He also loves reading.



Birthdays



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

*Miss Theresa Obeng - 4th August
Miss Emefa Fiati - 5th August
Mr. Sidney Lewis - 11th August
Mr. Augustine Nukpo - 12th August
Mr. Isaac Opoku Kyei - 12th August
Miss Belinda Zigah - 16th August
Mr. Prince Baidoo - 22nd August
Miss Rebecca E. Anofi - 24th August
Mr. Bright Appiah Sakyi - 25th August
Mr. Samuel Boamah - 29th August
Mr. Evans Nana Amankwa - 31st August
Mr. Felix Osekre - 31st August*

General Knowledge

How to Save Electricity When Ironing Clothes

A fireman once said that appliances that produce heat consume more electricity like the oven and the iron, to name some. And ironing clothes is one of the regular activities done in a household, some weekly, others on daily basis. Here are some of the tips to reduce electric consumption when ironing clothes:

1. Sort out the laundry, separate the denims, the cotton blouses, shorts, skirts, t-shirts, before plugging in the iron. Sprinkle with water those clothes that are hard to straighten out. This will reduce the time for ironing it, and saves electric consumption in the process.

2. Iron the denims first because you have to set the knob to the highest or maximum level of heat, then go for the cotton ones, and the last those clothes made of fabrics that needs less heat like those made of



synthetic materials like rayon, and silk. Set the iron knob to low heat.

3. Unplug the iron, then to utilize the available heat in ironing the handkerchiefs.

Also, make sure to schedule your ironing in the morning when it is cooler, and to iron clothes just once a week. More electricity is being consumed if ironing is done daily since the amount of heat generated by the iron is not maximized, unlike when you are ironing in big batches of clothes.

Hope this simple tips can help you save electricity and lower your bill.

Health Tips

Garlic, the miracle spice

Garlic is well known as a natural health remedy that has long been used to treat various ailments. It is extremely easy to source in most countries and can be consumed cooked or fresh. It is easily included in food or can be eaten on its own. You don't need to limit yourself to fresh garlic either. Garlic powder or dried garlic flakes are just as effective and super easy to keep in the cupboard for everyday use.

It is recommended that adults consume no more than one clove two or three times a day and that children have one quarter to one half a clove, once or twice a day.

1. Garlic has been found to assist babies to gain weight while they are in the womb.

Next time you have a baby prepare to have garlic breath. Except if you have a history of large babies in which case maybe you want to skip the extra doses?

2. Garlic strengthens the immune system as well as helps to fight chest infections, coughs and congestion.

In the rainy season, garlic is a great food to boost your immune system and ward off colds and flu. An old folk remedy is to eat a clove of garlic that has been dipped in honey at the first sign of a cold. Why not try it and see if it works for you?

3. Garlic contains high levels of iodine which makes it a very effective treatment for hyperthyroid conditions.

Treatment with garlic has been shown to greatly improve this condition.

4. Cardiovascular disease can be reduced by ingesting garlic.

LDL cholesterol is no friend of garlic and the aortic plaque deposits that gather on the walls of your body's veins can be reduced with the use of garlic too.



Jokes



Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retire-

ment fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

Two factory workers are talking. The woman says, "I can make the boss give me the day off." The man replies, "And how would you do that?" The woman says, "Just wait and see." She then hangs upside down from the ceiling. The boss comes in and says, "What are you doing?" The woman replies, "I'm a light bulb." The boss then says, "You've been working so much that you've gone crazy. I think you need to take the day off." The man starts to follow her and the boss says, "Where are you going?" The man says, "I'm going home, too. I can't work in the dark."

A doctor and a lawyer are talking at a party. Their conversation is constantly interrupted by people describing their ailments and asking the doctor for free medical advice. After an hour of this, the exasperated doctor asks the lawyer, "What do you do to stop people from asking you for legal advice when you're out of the office?" "I give it to them," replies the lawyer, "and then I send them a bill." The doctor is shocked, but agrees to give it a try. The next day, still feeling slightly guilty, the doctor prepares the bills. When he goes to place them in his mailbox, he finds a bill from the lawyer.

Brain Teasers

What kills kings,
what makes mountains crumble,
and makes all life come to an end?

What gets white as it gets dirty?

Which of these doesn't belong: tall tale, autobiography, short story?

What does this say?

Ground
Feet
Feet

Answers to Previous Brain Teasers

You can find roads without cars, And roam through forests
without trees, Cities exist without houses? Whatever can I be?

Answer : A Map

What English word has three consecutive double letters?

Answer : Bookkeeper

I am never quite what I appear to be. Straight-forward I seem,
but it's only skin deep, for mystery most often lies beneath my
simple speech. Sharpen your wits, open your eyes, look be-
yond my exteriors, read me backwards, forwards, upside
down. Think critically and answer the question.

Answer : A Riddle

4 WAYS TO BUILD RELATIONSHIPS

1. Be Honest And Communicate

"When it comes to building relationships with your co-workers, be open and honest," said Harry.

Harry said he likes to encourage people to be honest with their co-workers about having a social relationship and communicate that you want to get to know them better in order to work better as a team.

"Some people see work as a place to show up, do what they are supposed to do, and go home," she said. "Others see it as a place to spend half of their waking life and an opportunity to build social relationships."

2. Be Likable

Sometimes being open and honest about building a relationship with your co-worker won't get you the response you are looking for. However, don't completely write-off someone who isn't interested in building a relationship.

"Even if they don't want to engage and build a friendly or social relationship, you may end up excluding them or devaluing them, and that ends up creating a negative relationship and possibly hurting the company," said Harry. "Instead, be sure to keep them in the communication loop and still offer assistance and support to work-related tasks."

3. Be Observant

Some people might now know an appropriate way to build a good relationship with a fellow employee.

"I encourage individuals to take a look at the company's culture and use that as one of the factors to inform their decision regarding if and how to engage co-workers outside of regular work activities," said Harry. If you're unsure about inviting a co-worker to grab some dinner after work, or go out for a run over the weekend, why not start small and ask them out to lunch? You don't have a whole lot to lose and, if you have a good time, it can become a regular thing and help you grow as co-workers.

4. Find A Common Interest

For some, it can be a little awkward to get to know a complete stranger. However, Harry points out that at one point most of the people who we consider close friends were strangers to us at one point. This can provide some relief if you are feeling uneasy about befriending a co-worker you don't know. "Another way to make this a little easier is to focus on an interest you both have in common," she said. "Perhaps you both own dogs, went to the same school or watch the same TV show. This common interest can be a good foundation for a positive relationship."

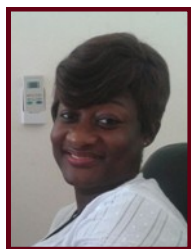
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