



37th Edition

# Staff Bulletin

JANUARY, 2017



## Advisory Corner

### Temper control

Once upon a time there was a little boy who was talented, creative, handsome, and extremely bright. A natural leader. The kind of person everyone would normally have wanted on their team or project. But he was also self-centered and had a very bad temper. When he got angry, he usually said, and often did, some very hurtful things. In fact, he seemed to have little regard for those around him. Even friends. So, naturally, he had few. "But," he told himself, "that just shows how stupid most people are!"

As he grew, his parents became concerned about this personality flaw, and pondered long and hard about what they should do. Finally, the father had an idea. And he struck a bargain with his son. He gave him a bag of nails, and a BIG hammer. "Whenever you lose your temper," he told the boy, "I want you to really let it out. Just take a nail and drive it into the oak boards of that old fence out back. Hit that nail as hard as you can!"

Of course, those weathered oak boards in that old fence were almost as tough as iron, and the hammer was mighty heavy, so it wasn't nearly as easy as it first sounded. Nevertheless, by the end of the first day, the boy had driven 37 nails into the fence (*That was one angry young man!*). Gradually, over a period of weeks, the number dwindled down. Holding his temper proved to be easier than driving nails into the fence! Finally the day came when the boy didn't lose his temper at all. He felt mighty proud as he told his parents about that accomplishment.

"As a sign of your success," his father responded, "you get to PULL OUT one nail. In fact, you can do that each day that you don't lose your temper even once."

Well, many weeks passed. Finally one day the young boy was able to report proudly that all the nails were gone.

At that point, the father asked his son to walk out back with him and take one more good look at the fence. "You have done well, my son," he said. "*But I want you to notice the holes that are left. No matter what happens from now on, this fence will never be the same. Saying or doing hurtful things in anger produces the same kind of result. There will always be a scar. It won't matter how many times you say you're sorry, or how many years pass, the scar will still be there.*"

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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

Abhijit Naskar

"The Self is the measure of everything."

**QUOTE OF THE MONTH**

Deuteronomy 11:26

I set before you ... a blessing

**MEMORY VERSE**

## OTHER WISE SAYINGS

"Your life is rich with possibility, and you are the only one who can discover the opportunities that will allow you to live your dreams."

*Jason Harvey*

Just as intention and tiny actions can help us achieve big goals, tiny moments and thoughts of focusing on things that do not help our success can take away from our progress and success in big ways."

*Lisa Kardos*

"Today, give a stranger one of your smiles. It might be the only sunshine he sees all day."

*Author Unknown*

# Staff Issues



## Staff of the Month for January

Theodore Derban - Relationship Officer (Accra Branch)

Lynda Akyasi - Relationship Officer (Accra Branch)

Nana Akwasi Boakye Yiadom - Finance Officer ( Head office)

## Birthdays



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

Mr. Teddy Awuah - 7th March

Mr. John Asuming - 9th March

Mr. Alexander Cato - 13th March

Ms. Joycelove Ofoe - 17th March

Mr. Emmanuel Amihere - 18th March

Mr. George Sekley - 28th March

# General Knowledge



Silver used to be the poor sister of the fine metals family – relegated to cutlery service that was seldom used or inexpensive jewelry for casual wear. No more! Its worth has increased many times over and more and more fine jewelry designers use sterling silver even for their best pieces. Add in that set of cutlery you inherited from grandma and it means you probably have a lot of silver pieces in your possession already.

The problem with silver, of course, is that it so often tarnishes. Tarnish is an example of oxidation, where the silver reacts to the levels of oxygen in our air. In the case of silver, it results in a dull, gray finish. Silver is meant to gleam and sparkle of course, and lemon juice is an easy and safe way of making your silver shine again.

## Silver Soak

1 tablespoon lemon juice

1/2 cup instant dry milk

1 1/2 cups water

- Mix the ingredients together thoroughly in a bowl.
- Place silver pieces in the bowl and leave overnight.
- Rinse and dry thoroughly with a soft, clean cloth.

Instant Silverware Fix

## Rusty Knives

Rusty knives – whether stainless steel or silver – will benefit from a lemon juice soak. Simply fill a glass with lemon juice and soak knives for a few minutes. You may have to scrub a little but the rust should come off easily.

## Extra Rusty?

Add salt to the mix to make a thick paste. Slather over the rusted area and leave for 2 to 4 hours. Rinse clean and dry.

## Jewelry

You can treat all-silver jewelry with no stones in the same way you would cutlery or any other silver piece. If your silver piece is oxidized – a process where the jewelry maker allows some parts of the design to blacken as it reacts to oxygen to create a specific effect – watch out! Too much cleaning will clean the oxidization right out of the design.

## Lemon & Olive Silver Jewelry Polish

1/2 cup lemon juice

1 teaspoon olive oil

- Mix the two ingredients in a large bowl.
- Add a clean microfiber cloth to the bowl and soak, then wring out so it doesn't drip.
- Polish silver pieces carefully, rinse and then dry.

# Health Tips

## Health benefits of garlic

### 1. Garlic Contains a Compound Called Allicin, Which Has Potent Medicinal Properties

### 2. Garlic Is Highly Nutritious, But Has Very Few Calories

A 1 ounce (28 grams) serving of garlic contains (3):

**Manganese:** 23% of the RDA.

**Vitamin B6:** 17% of the RDA.

**Vitamin C:** 15% of the RDA.

**Selenium:** 6% of the RDA.

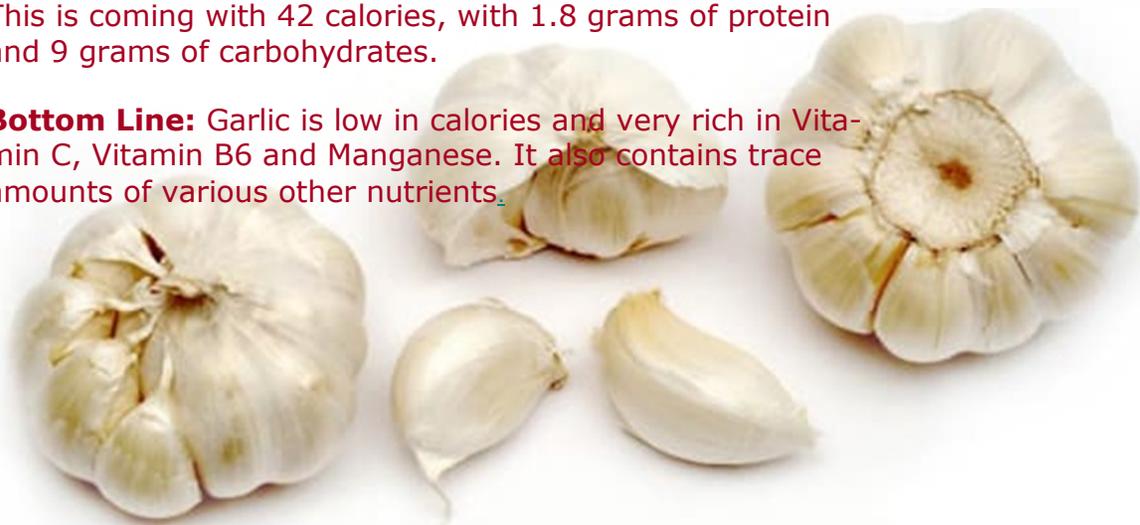
**Fiber:** 0.6 gram.

Decent amounts of calcium, copper, potassium, phosphorus, iron and vitamin B1.

Garlic also contains trace amounts of various other nutrients. In fact, it contains a little bit of almost everything we need.

This is coming with 42 calories, with 1.8 grams of protein and 9 grams of carbohydrates.

**Bottom Line:** Garlic is low in calories and very rich in Vitamin C, Vitamin B6 and Manganese. It also contains trace amounts of various other nutrients.



# Jokes

**A** football fan's wife says, "I hate it when my husband calls left-overs 'Replays'."

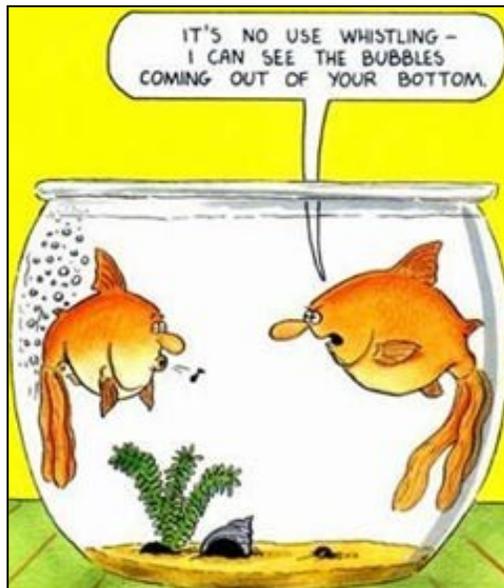
A TV Executive's wife says, "Well my husband calls them 'Reruns'."

Mortician's wife says, "Count yourselves lucky, my husband calls them remains!"

**A** well-known rich businessman's wife broke her hip. The businessman got the best bone surgeon in town to do the operation. The operation consisted of lining up the broken hip and putting in a screw to secure it. The operation went fine, and the doctor sent the business man a fee for his services of \$5000.

The businessman was outraged at the cost, and sent the doctor a letter demanding an itemized list of the costs. The doctor sent back a list with two things:

- One screw..... \$ 1
- Knowing how to put it in..... \$4999
- Total = \$5000



# Brain Teasers

How many of each species did Moses take on the ark with him?

A man is pushing his car along the road when he comes to a hotel. He shouts, "I'm bankrupt!" Why?

Who makes it, has no need of it.  
Who buys it, has no use for it.  
Who uses it can neither see nor feel it.  
What is it?

Imagine you are in a dark room. How do you get out?

## Answers to Previous Brain Teasers

He has married many women, but has never been married. Who is he?

Answer : A preacher

What goes in the water black and comes out red?

Answer : Lobster

What loses its head in the morning and gets it back at night?

Answer : Pillow

A farmer has five haystacks in one field and four haystacks in another. How many haystacks would he have if he combined them all in one field?

Answer : One. If he combines all his haystacks, they all become one big stack.

# The Importance of Being Punctual In the Workplace

**1. Shows your strong character:** By reaching on time to office it shows your dedication towards work and portrays your interest in the company. Punctuality has become an invaluable asset to a company these days, and when someone does it right it helps to get easily noticed to the people. It presents you as a person of strong character and people will respect you for that.

**2. Inspire others:** If you are a boss and are always late, then your employees will not take you seriously. One need to be a source of inspiration to others. To make your point clear to your juniors, punctuality provides power to your words. As a boss it is important to set high benchmarks to others to follow. Without which the sense of authority will be lost.

**3. Gives time to plan your day:** Reaching office on time helps to settle down from the rush in the traffic and it gives sometime to plan your day's task to achieve. A good plan will make your job easier and will help you to finish all your work on time, making it easy to leave office on time and giving space to your personal life to enjoy.

**4. Makes you a brand:** In such a competitive world, an individual branding is required to stand out among the crowd. This branding opens up opportunities for future. Punctuality will make you a brand, since most of the people these days are not punctual. This will help you get noticed and you can easily brag about it to others.

**5. Easier to proceed the day:** In offices, work is generally in co ordination with each other. Suppose someone might be waiting for you to come and finish a certain task to begin further, you beginning late will hamper the whole chain of work and will delay the process too.

**6. Reduces stress:** As mentioned in previous points, punctuality also gives time to hobbies and recreational activities. It also reduces stress, because the work is done on time, hence reducing the unnecessary work pressure, and prevent you from blaming others of the situation.

**7. Proves you as reliable:** Punctuality proves you to be a trust worthy and efficient person hence whatever you will say, your co workers and bosses will take you seriously. They might give you an opportunity to put up your ideas to them and let you take some additional responsibilities you might have been waiting for.

**8. Helps during emergency requirement:** Punctuality pays off well when you might genuinely require to take leave from the office. Since you are never late, this will be taken in high regards if you request to report late to the office, as this won't be seen as an excuse in the eyes of your employer.

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