

WINTER | 2015

AN ALSCO GROUP STAFF PUBLICATION

INVESTING IN 04 SUCCESS

80

24

AWARDS & CONFERENCE

FRANCIS 16+ Years Service

NZ MANAGERS 12 CONFERENCE

A Distance of the

FOODSERVICE 20 SHOW

SOCIAL OVERVIEW

Welcome to our Winter issue of 'voices'



Welcome to the Winter issue of Voices for 2015. This issue highlights your many achievements, which were officially acknowledged earlier this year at the Australian Managers Conference, the Australian Sales Conference as well as the New Zealand Managers Conference. I would like to take this opportunity to congratulate all winners and nominees and thank you all for your continued hard work and commitment to the Alsco Group.

At Alsco we are constantly working on improving our efficiencies and productivity across the branches. In this issue you can read about the enormous project of installing new water tanks at Campbelltown branch, a huge team effort which has resulted in increased efficiency at the branch. Congratulations to everyone involved in this project on a great result.

As you are aware, safety is of the utmost importance to us all

at Alsco, and our aim always, is that everyone goes home safely to their families at the end of each day. One of the initiatives

ALSCO.



recently introduced by the Human Resources team is the safety portal, which will keep all of you up to date with current safety issues and give you access to valuable resources. Alsco continues to have a strong presence at industry events and exhibitions, notably the Foodservice show attended by

and exhibitions, notably the Foodservice show attended by our Victorian Sales team recently. You can read all about this major food industry event and our sponsorship of the Chef of the Year competition on pages 20-21.

Many of you have continued to work hard raising money for a number of charitable associations. I would like to congratulate you for your efforts, which are highlighted in these pages as well, and acknowledge the wonderful community spirit that exists across the Group.

I wish you well for the remainder of the year and thank you for your ongoing contribution to the Alsco Group.

Bryon M

Bryan F. McEvedy GROUP CHIEF EXECUTIVE

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HAVE YOUR VOICE

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Share your experience, your story and your branch events Alsco community. Send your contribution for Voices to jlawrence@alsco.com.au by 30 October 2015.



Pictured: A scene from the Chef of the Year competition held at the 2015 Foodservice show. See page 20 for highlights.

CUTTING EDGE

was one of the recipients of the "Going the Extra Mile" award. Francis has been responsible for making Brisbane washroom into arguably the most efficient and mos productive washrooms in Alsco Australasia with average turn times of 10 minutes reports Fred Gardyne, Regional Managet Engineering and Production Services

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FRESH & CLEAN

DINNER

The 2015 Sales Conference at QT Hotel Gold Coast



George Giorgas - Sales Executive of the Year.

TRAINING AND RECOGNITION

The 2015 Sales Conference was held earlier this year at the QT Hotel on the Queensland Gold Coast. The two day conference saw Sales Executives from each state gather together for training and recognition of their success in 2014.

During the course of the "Investing in Success" themed conference, the Sales Executives were entertained by body language expert and author Allan Pease, and educated and empowered by career trainer Andrew MacKell-Wong.

The conference concluded with the awards dinner where a number of Sales Executives were rewarded for their achievements over the past year. Congratulations to the following award recipients:

HIT THE TARGET

This award is given to the Sales Executives who hit their sales target in six months of the year as well as achieving in their yearly target.

George Giorgas Jay Hughes Steven de Villiers

Graeme White Eddie Lakiss Kylie Clark Gabriela Calvete Hider Ray Lipscombe Annie Hepburn Simon Barnes Lyle Consul Nathan Scott Robbert Klomp Sharron Quinn Kate Edwards Jude Stapleton Georgina Vergemezis.

MAJOR SALES CATEGORIES:

SALES EXECUTIVE OF THE YEAR George Giorgas

GENERALIST SALES EXECUTIVE OF THE YEAR

Nominees: George Giorgas Jay Hughes Eddie Lakiss

Winner: Jay Hughes

MAT SALES EXECUTIVE OF THE YEAR

Nominees: Eddie Lakiss Gabriela Calvete Hider George Giorgas

Winner: Gabriela Calvete Hider

LINEN SALES EXECUTIVE OF THE YEAR

Nominees: George Giorgas Luke Carroll Brenton Wave Winner: George Giorgas

GARMENT SALES EXECUTIVE OF THE YEAR

Nominees:

George Giorgas Ray Lipscombe Eddie Lakiss Winner: Eddie Lakiss



FIRST AID SALES EXECUTIVE OF THE YEAR

Nominees: Jude Stapleton Nathan Scott Leah Al Kably

Winner: Jude Stapleton

FRESH & CLEAN SALES EXECUTIVE OF THE YEAR

Nominees: Nathan Scott Jude Stapleton Emma Telley

Winner: Jude Stapleton

ROOKIE OF THE YEAR

Nominees: Samantha Elley Nathan Scott Winner: Nathan Scott.

Sales Conference



SALES EXECUTIVE OF THE YEAR AND LINEN SALES EXECUTIVE OF THE YEAR

"It is with much pride and delight that I watch George Giorgas accept his multiple nominations and then ultimately win Sales Executive of the Year for 2015," said Regional Sales Manager Mandy Priestley.

"George has always prided himself on delivering exceptional customer service and uses his large networks in the Brisbane area to drive the sales of hospitality linen in the region. His enjoyment of his role is obvious and his confidence and commitment to following up sales leads ensures he has always had good results. However over the past 18 months George has managed to take this to a new level as he enveloped the changes we made to sales in the region both cross branch selling and diversifying his product sales to incorporate more mats and first opportunity, aiming for a minimum

aid. George has expressed his thanks to his branch and team for giving him the foundations to excel in a difficult market and is now extremely focused on achieving more great results in the coming year."

Gabriela Calvete Hider

MAT SALES EXECUTIVE OF THE YEAR

Since joining Alsco in February 2008 Gabriela has been a very consistent and successful Sales Executive winning many awards throughout the years. However one award had always eluded her, 'Mat Sales Executive of the Year',

Gabriela set her sights on this prize early in 2014 when she made a promise to herself and her Branch General Manager, Gaby Paardekooper, that 2014 was her year to win the Mat award.

"Gabriela worked tirelessly throughout the year chasing down every

of one mat sale every single day," said Gaby. "She visited many existing accounts looking for an upsell opportunity and at the same time consistently added new greenfield opportunities into her pipeline.

Gabriela's tenacity and high activity level paid off. Congratulations on a very successful year and on winning the title of Alsco Mat Sales Executive of the year."

Eddie Lakiss

GARMENT SALES EXECUTIVE OF THE YEAR

Congratulations to Eddie on his success as Garment Sales Consultant of 2014.

Eddie had another fantastic sales year selling the broad scope of Alsco services to both new and to the existing customer base. Eddie effectively utilises his external and internal networks to achieve high opportunity conversion and ongoing customer satisfaction. Eddie especially

David Hiser and Gabriela Calvete Hide



succeeded in his Garment Sales, realising great results for him personally, and for the Campbelltown branch.

Again congratulations and thank vou Eddie! Peter Robertshaw.

Jay Hughes

GENERALIST SALES EXECUTIVE OF THE YEAR

"Jay is an integral member of the SE QLD Sales team and has also been extremely welcoming of the many changes we have implemented in the past two years. Over this time I have had the pleasure of watching Jay grow immensely in his role", said Mandy Priestly.

"His success is largely a result of approaching everything as if it is his own business. He is always happy to go above and beyond and his confidence has grown. He has managed to double

his revenue sold each month and therefore his commission payments. He is well liked amongst his peers and also his customers and uses internal networks to support his success."

Jude Stapleton

FRESH & CLEAN SALES EXECUTIVE OF THE YEAR AND FIRST AID SALES EXECUTIVE OF THE YEAR

"Jude is a great team player whose focus has always been building excellent relationships both with her customers and within the branch. She takes the time to understand what businesses require and uses this knowledge to effectively sell the Fresh & Clean and Alsco Managed First Aid services to new prospects," said Fresh & Clean National Business Manager Joanne Milton.

"Jude is a fantastic Account Manager, always looking to expand customers into National Accounts," said Fresh &

George Giorgas and

and Nathan Scott.

Clean National Sales Manager Monique Welsh. "She's a great team player and very First Aid focused and a deserving recipient of both Fresh & Clean and First Aid Sales Executive of the Year."

Nathan Scott **ROOKIE OF THE YEAR**

Nathan joined Fresh & Clean last year and immediately created a great impression with both customers and staff with his professionalism and enthusiasm. "Nathan asks the right questions, listens to customers and provides solutions," said Monique Welsh. "He sells the entire range, which is very important and is a great team player. He is a deserving recipient of this award."





Awards across the



MANAGERS CONFERENCE & AWARDS

In May 2015 Senior Managers from the Alsco Group in the Asia Pacific region gathered with their partners in the Hunter Valley for the Annual Managers Conference. The program consisted of two days of intensive workshops designed around the theme of "Building a Case for Change", which provided the opportunity to focus on key areas for growth and development in 2015. This was followed by the Awards Dinner which recognised the fantastic work done by branch staff across the region.

Congratulations to the following winners and nominees.

SERVICE DELIVERY PERSON OF THE YEAR

Nominees: Daniel Blackmore - Campbelltown, Craig Beard - Enfield, Adrian Stanisic - Melbourne, Peter Bridge - Mulgrave, John Marsh -Newcastle, Mykel Ihnat - Wollongong, Winner: Adrian Stanisic - Melbourne.

SERVICE ACCOUNT MANAGER OF THE YEAR

Nominees: Mark Williams - Campbelltown, Craig Ritzau - Enfield, Scott Elliot - Mulgrave, Paul Nicholson - Wollongong. Winner: Scott Elliot - Mulgrave.

SERVICE MANAGER OF THE YEAR

Nominees: Paul Giorgianni - Campbelltown, Craig Clark - Melbourne, Tony Atanasovski - Wollongong. Winner: Tony Atanasovski - Wollongong.

PRODUCTION MANAGER OF THE YEAR

Nominees: Brenton Lemon - Adelaide, Adam Linton - Brisbane, James Paton - Campbelltown, Richard Locke - Enfield, Simon Atkins -Melbourne, Fred Ison - Wollongong, Steve Ewing - CRG. Winner: Brenton Lemon - Adelaide.

ENGINEER OF THE YEAR

Nominees: Stanley Govender - Adelaide, David Cannon -Brisbane, Osman Mehmet – Enfield, John Kane – Mulgrave, Barry Ostergaard, - Sydney, Les Rush - Wollongong. Winner: David Cannon - Brisbane.

OPERATIONS MANAGER OF THE YEAR Winner: Geoff Stebbing - Fresh & Clean Brisbane.

ADMINISTRATION MANAGER OF THE YEAR

Nominees: Arthur Taras - Adelaide, Susanne Strong -Campbelltown, Kylie Anderson - Mulgrave, Janet Malin -Sydney, Brenda Scerri - Wollongong, Neil Bartlett - CRG. Winner: Janet Malin - Sydney.

REGIONAL GENERAL MANAGERS' COMMENDATION

Peter Halasz - Brisbane branch Cheryl Collins - Mulgrave branch Geoff Stebbing - F&C Brisbane.

WHS BRANCH OF THE YEAR

Nominees: Brisbane, Cairns, Campbelltown, Enfield, Melbourne, Mulgrave. Winner: Cairns.

BRANCH OF THE YEAR

Nominees: Adelaide, Brisbane, Campbelltown, Enfield, Wollongong, Fresh & Clean Melbourne, CRG. Winner: Wollongong.

Going the Extra Mile

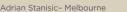
Going the Extra Mile is an award given to those people who have continuously performed above and beyond their

NAME

Francis Siasat

Perth Salisbury





e Winne

Scott Elliot - Mulgrave

Adrian has a fabulous relationship with his entire

reliable and someone who always follows up on

customer base. He is described as being courteous,

customer issues. His customers often comment on

Adrian will always try to find solutions to customers'

issues before bringing them back to his SAM. If

he sees anything that may indicate the customer

is looking at using an alternative supplier he

Adrian has completed the Service Excellence

Excellence principles. He is a standout student

Adrian is a model SDP, his attendance is exemplary,

ensures that it is spotless at the end of each day.

SERVICE ACCOUNT MANAGER OF THE YEAR

Scott responds to all customer requests in a

timely manner with accurate and clear detail,

and works well with others within the business

and with other managers. He is someone who

displays leadership and knowledge and sets a

Recently, due to Scott's expertise and

commitment, the branch has transferred a

number of major accounts to be managed by

him, as his record shows he understands their

and has a good grasp of their business needs.

Scott assists with the management of route

requirements in relation to reporting and visiting

distribution, regularly making recommendations

He is a worthy recipient of this award.

training and is 100% compliant with Service

in applying the principles both at Alsco and

immediately reports it back to his SAM.

SERVICE DELIVERY PERSON

Adrian Stanisic - Melbourne

the professionalism of his service.

OF THE YEAR

with customers.

Scott Elliot - Mulgrave

great example to others.

Tony Atanasovski - Wollongong

David Cannon - Brisbane

to the Service Manager to help balance the workloads between SDPs.

SERVICE MANAGER OF THE YEAR

Tony Atanasovski - Wollongong

Tony has driven change and reduced cost year on year. He is a great team player and will be found chasing money from customers at the end of the month for Admin, and arranging and doing linen been instrumental and taken a leadership role in the implementation and maintenance of Service Excellence throughout the branch.

Brenton Lemon - Adelaide

increasing revenue. He also continued to review Safe Work Procedures and concentrated on Spindle training across the branch, which was reflected in the overall performance of the plant.

Eagle Farm performing to a superb level. equipment and excellent housekeeping.

COMMENDATION

the changes to Fresh & Clean throughout 2014. In the absence of a Branch Manager, he set a fine example to everyone at the branch. Congratulations on a great achievement Geoff.



Janet Main - Sydney

Janet Malin - Sydney

Peter Halasz - Brisbane

procedures.

Cheryl Collins - Mulgrave

ADMINISTRATION MANAGER OF THE YEAR

Janet is a positive role model to all employees in terms

of behavioural standards and work ethic. She is always

the impact of others' behaviours on fellow workmates.

REGIONAL GENERAL MANAGER'S COMMENDATION

One of Brisbane branch's engineers, Peter Halasz

electrical control programs. He developed a program

for Starch System which has radically improved the

for controlling flatwork ironers. Both these systems

have been implemented in several of our branches

and have been of enormous benefit in production

and engineering efficiencies. A team player, Peter has willingly worked in other branches to help them

improve their electrical operations. He happily gives

guidance to others and is constantly challenging the

Melbourne Stock Room. She is an extremely efficient manager who consistently achieves and improves

on her previous results and has been successful in

achieving positive comparative costs of producing

garments from the MSR. Cheryl's KPI time frames

for delivery of garments has continued to improve

with the result that output of the MSR is well above

status quo to ensure the best outcome.

Cheryl Collins

expectations.

starching of serviettes, as well as a PLC program

has displayed enormous initiative in developing

considerate and conscious of employees' well-being and

Cairns

Janet led her team to achieve a fantastic year end result given all the challenges faced by the division across the year, least of which being the Garmex acquisition. She is a pivotal member of the Sydney branch WHS committee and actively plays a role in driving site and company specific initiatives and

Wollongong





Brenton Lemon - Adelaide

pickups when Production is running low. Tony has

PRODUCTION MANAGER OF THE YEAR

Brenton's worked hard during 2014 to make a real difference to the branch by significantly

he treats his vehicle as if it was his own and always

His professional approach ensures effective

ENGINEER OF THE YEAR David Cannon - Brisbane

Dave is an exceptional Engineer who has

OPERATIONS MANAGER OF THE YEAR & REGIONAL GENERAL MANAGER'S

Geoff Stebbing - Fresh & Clean Brisbane

Geoff displayed outstanding leadership during

Geoff Stebbing – F&C Brisbane

Peter Halasz – Brisbane

WHS Award - Cairns

WHS BRANCH OF THE YEAR

Cairns achieved an excellent Safety Scorecard for 2014, with Workers Compensation claims down and lost time injuries significantly reduced. They constantly reviewed and implemented Safe Work Procedures and Unsafe Condition Reports.

BRANCH OF THE YEAR

Congratulations to Wollongong branch on receiving this award for the second year running. The branch has excelled at training its staff, providing Service Excellence training, WHS training and general training of each task within all departments. The branch should also be congratulated for the way in which it has cemented its place in the Wollongong community, through their support of local sporting teams and charity events throughout 2014.

NZ Managers Conference

The theme of the conference '\$100m in 100 weeks' was kicked off in great style.



CHATEAU TONGARIRO HOTEL

The New Zealand Managers Conference for 2015 was held just prior to Easter at the beautiful Chateau Tongariro Hotel complex located close to the Whakapapa ski field on the slopes of Mount Ruapehu in the centre of the North Island.

\$100M IN 100 WEEKS

On arrival on Wednesday evening, a surprise gift was delivered to our rooms with instructions to wear on day one of the conference. The theme of the conference '\$100m in 100 weeks' was kicked off in great style by Group General Manager, Mark Roberts. The Managers were resplendent in our gift – our local rugby team shirts. Wearing our own local shirts was a reminder that as individuals we tended to work in our own regions and not communicate as well as we could. This can result in business within national clients sometimes slipping through the cracks so that a business that instead of being GREAT, was merely good. To remind us of the theme, the instruction for the day was that every time we heard the word "GREAT" we were to raise our arms and yell it out loud, an instruction we all caught onto with "GREAT" enthusiasm. Late morning and another gift for all of us – the arrival of our own All Blacks shirts and this time after a quick change to our new "strips" and with a resounding chorus of "GREAT" we made our way to the team photo opportunity.

Bill James, a professional speaker and trainer from "Inspired Learning Systems" led us through an entertaining day covering a raft of topics; from Beliefs and Branch Ownership to Internal and External relationships, all aimed to move us to work more closely as one team and remove the obstacles that hold back Company growth.

The morning of day two was full on with speakers and presentations covering topics ranging from the new Deane's FR Garment range to Health & Safety to new product updates. A final team building exercise was held in the afternoon with archery, frisbee, golf and orienteering with the expected amount of competitiveness, cheerful banter and quite a bit of cheating.

A fantastic and informative couple of days concluded with the Awards dinner and presentations for achievements earned over the past year.

Chris PRO Aaro ENG Bhav ADM Mark Stev SER' Leta GRC Bevi Davi Bria Gera Davi Zach Hele Deb Pete Alan Sher Matt

A big thank you on behalf of the entire Management team to Tui Ashe; who once again did an awesome job organising the conference for all to enjoy.

ALSCO NZ ANNUAL AWARDS

As usual the annual awards pomp and ceremony was included with the conference and on the final evening many of our "stars" were recognised for their valued contributions to the business.

The following were the deserving recipients that were recognised for their efforts in 2014:

BRANCH OF THE YEAR No award

SERVICE CENTRE OF THE YEAR Tauranga Branch

EXCELLENCE IN HEALTH AND SAFETY Auckland Branch

SALES EXECUTIVE OF THE YEAR Christine Marshall – Fresh & Clean Auckland

PRODUCTION MANAGER OF THE YEAR Aaron McConnochie - Christchurch

ENGINEER OF THE YEAR Bhawesh Kumar – Auckland

ADMINISTRATOR OF THE YEAR Mark Williams – Christchurch

SERVICE MANAGEMENT AWARD Steve Walker - Hamilton

SERVICE DELIVERY PERSON OF THE YEAR Letane Tiumalu - Auckland

GROUP GENERAL MANAGER SPECIAL COMMENDATIONS

in de Wit id Gluyas	Fresh & Clean Auckland Wellington
n Heslin aldine Phillips	Palmerston North Support Centre
id Stanway	Wellington
h Smith	Palmerston North
e Makiri	Auckland
en Kench	Palmerston North
oorah Merito	Christchurch
er Martin	Hamilton
n Barr	Dunedin
ran Taylor	Christchurch
t Compton	Auckland
l Prentice	Napier

l done to all recipients from all of us here at Alsco NZ.

SPOTLIGHT New Laaks Tor campbe town

After two years in the planning phase and a six month installation process, Campbelltown branch has a new water storage system.

"The old system was past its use by date and in need of replacement," explained Andrew Deacon, Operations Manager.

TWO STAGE INSTALLATION PROCESS

The tanks were installed over two stages. The first stage involved installing a new heat exchange and condensate storage tank in September last year.

This was followed by further preparation and planning for stage two. At the end of 2014 a 27,000 litre cold water tank and a 15,500 litre hot water tank were ordered. "We also had to build new control panels for the hot water pump and cold water pump, as well as a stand by pump and tank control levels," said Andrew. These were all installed in February this year.

GREAT BENEFITS TO COME

The result is a much more efficient system which is more reliable, easier to maintain. "The energy efficiency represents a huge cost saving," said Andrew.

"This was a huge team effort involving many Alsco personnel. Thanks to Atul, Ravi, Danny and Rex from Campbelltown, as well as our Sydney and Enfield apprentices, Martin and Jarrod for all your hard work."





Thank you to everyone who supported me

In 2009, On my 50th birthday I was interviewed for a sales role at Fresh & Clean Melbourne after relocating here from the UK with my partner, Shane. It wasn't exactly how I planned to spend my day!

I got the job and settled down to build a new future, enjoying all that the Aussie lifestyle has to offer.

However, in January 2012 our world turned upside down when I was diagnosed with an aggressive breast cancer. A whirlwind of tests, chemo , four surgical procedures and radiotherapy dominated 2012 for us. The team at Fresh & Clean Melbourne were always supportive and helped me through the bad and the "bald" days.

2013 saw me weak and tired for most of the year but by 2014 I was back to my old self. Shane and I were married on New Year's Eve in a fabulous wedding on our farm surrounded by our friends, family and beloved animals.

THE WEEKEND TO END WOMEN'S CANCERS

I decided 2015 was the year for me to give something back to Cancer charities – we need an end to this terrible disease that affects one in nine Australian women every year.

On February 28th and 29th I took part in "The Weekend to End Women's Cancers" by walking 60km over the two days. With a very generous donation from Alsco and selling the fresh eggs from our chickens I raised a total of \$2,575. The weekend walk raised a massive \$2.7m benefitting the Peter Mac Cancer Centre in Melbourne. Thank you to all who supported me and please ladies I implore you to get your mammogram done regularly – it really can save your life.

Jude Stapletor

SPOTLIGHT

The 2015 MDP Graduates

Congratulations to the 2015 graduates of the Management Development Program (MDP). The group has worked together for the past two years, refining their presentation and leadership skills.

The achievements of the following graduates were recognised at a celebratory dinner and award presentation:

Gavin Drew Allison Freeman Nick Nitsiopoulos Paul Giorgianni Stanley Govender Anthony Woodford Jamie Pates Brenden Klein Adam Bohman Susanne Stronge Brett Fahey Amanda Priestley Norah Reynolds Fenella Persson



SPOTLIGHT

Auckland artwork

A joint initiative to incorporate an urban area for local business and the community.



A BLANK CANVAS

At the end of last year Gavin Smith, Scott Bason and I were asked to look at a potential artwork opportunity for our building to help promote the area for the NRL Auckland 9 tournament in January 2015.

During 2014, the Textile and Fresh & Clean branches have been working with the local business community to see if we could incorporate an urban area as a way of continuing to develop this relationship.

At the meeting we were shown a design reflective of the area, however not being an avid art critic I had not heard of the artists Phat One and Lady Diva. Needless to say we were a little dubious.

After much discussion it was agreed a mural would be far better than the current 'off white' wall and we agreed to meet the artist to discuss furrther.

A week or so later I was greeted by Charles and Janine (Phat One and Lady Diva) and all my initial reservations disappeared. They explained the significance of the artwork to the region and how the area had changed over the years. They also showed me some of their previous work and how they liked to express the meaning in their art.

MAORI AND PAKEHA CULTURE MOVING TOGETHER

Painting started on the 3rd of January and in less than a week the mural was completed. The finished design shows two Putangitangi ducks, one male and one female, flying together and includes references to the area's past as swamp land. The ducks are intended to symbolise Maori and Pakeha culture moving together in unity.

THE COMPLETED MURAL IS FANTASTIC

The mural was blessed by the local Kiwi and business in time for the start of the Auckland 9's. Unfortunately the blessing didn't extend to the NZ Warriors as they were eliminated in the quarter finals!

Steve Barden, Branch Manger Auckland Textiles.

Note: The photos show paint runs on the birds which is deliberate!!!

Photo Above: The completed mural. Photo top right: Two members of local Iwi blessing the artwork with people rom the local community. Photo below right: Mark Roberts, Alsco NZ Group General Manager with the wo artists and members of the Kingsland Business Group.







Recharge your health in Spring

Health tips to get you recharged and ready for the warmer months.



HEALTH TIPS TO GET YOU RECHARGED

It may be hard to believe with the chilly weather we are experiencing but Spring is right around the corner. Here are some health tips to get you recharged and ready for our warmer months!

DIET

Spring is a great time to conduct a diet review and see which areas can be improved.

One of the best ways to fix the family diet is to get into the habit of meal planning.

As part of this plan and review, try to build in the five serves a day of vegetables you need to stay healthy. Spring is a great time for light soups, veggie-rich stirfries and nourishing salads.

And check your fibre content. Most of us don't get anywhere near the 35g-30g of fibre we need a day. A diet rich in grains and fruit and veg will help this.

Fibre supplements such as Metamucil are also a delicious, convenient way to add essential fibre to your diet. Start your day with Metamucil into at least 250ml of water for a quick and easy fibre hit.

This super-immunity drink is also an energy provider, so don't drink it too late into the evening! Try it with your

SUPER IMMUNITY DRINK

- ¹⁄₄ tsp turmeric or chopped ginger
- 10 ml of apple cider vinegar
- ¹/₄ tsp ground cayenne pepper or even 1/2 small fresh hot chilli
- 200ml water (best if it is hot water but can be cold).
- Juice of half a lemon

Stir the drink together and enjoy! Take on a daily basis to help keep your immunity high and your gut firing on

EXERCISE

It can be difficult to get motivated to exercise in the colder months. Now that the days are slowly starting to go for a morning or afternoon walk. Not only is it good for us physically, but a walk is very good for our mental

Once you head outside to exercise again, you will also





SPOTLIGHT

Taking safety to the next level

SPOTLIGHT

alsc m

alsco.com.au

Foodservice Show

Alsco sponsors Chef of the Year competition at the Foodservice Australia show.





MELBOURNE VENUE

This year the Foodservice Australia 2015 show was held at Melbourne's historic Royal Exhibition Building. The 3 day show featured over 200 exhibitors along with range of events designed for chefs, food managers and hospitality operators.

Special events included the prestigious Unilever Food Solutions Chef of the Year, FSAA Foodservice Conference, Australia's Best Pie Competition, Café School Workshops and the new Restaurant & Bar Theatre.

The "Chef of the Year" competition is a highlight of the annual show and this year was no exception with 150 entries. Leslie Chan from Melbourne, Richard Robinson from Sydney, Chloe Donaldson from Brisbane and Chris Malone from Perth battled it out for the title. After a closely-fought final, Chef Malone from Balthazar in Perth took home the trophy and \$6000 in prize money.

Alsco had a strong presence with an eye-catching display stand featuring the new branding collateral. Our Victorian Sales team worked hard gathering leads and connecting with existing customers.

Once again Deane Apparel provided the chefs gear for the competition. Thank you Deane Apparel!

Photo above: Finalists for the Chef of the Year competion with the winner Chef Malone second from right. Photo right: Scenes from around the show.





OUR PEOPLE

A day in the life of...

This issue's Day in the Life of features Extra Mile recipients, Kirsty Peake and Jo Ann Tonkin, both from Fresh & Clean SA.

Pictured above: Kirsty Peake (left) and Jo Ann Tonkin with their awards.



KIRSTY PEAKE

Kirsty is described as being always willing to assist fellow workmates where ever possible, stepping up and taking on challenges and roles with success, enabling her to develop into a reliable and trustworthy asset to the business. She has been a key driver of the increase in productivity and efficiencies whilst maintaining a happy cohesive environment.

1. What time does your day start and end?

I start at 7am and finish around 3pm on a good day

2. What does your job involve?

My previous role was Washroom Supervisor and as of 1st July I moved into the role of Service Schedule Supervisor for First Aid. I am now responsible for state of service and the scheduling of all first aid jobs, stock ordering and recovery of first aid supplies.

3. What does a typical day involve?

Servicing, monitoring and driving the first aid recoveries and communicating with clients. I am also responsible for the performance of one service tech, Brenda, and a casual Luca.

4. What part of your job do you enjoy the most?

The people I work with.

5. Is there anything you find challenging?

Learning my new position is challenging at the moment.

6. What is the most interesting thing 1. What time does your day start about your job?

We recently had bad bush fires here in Adelaide metro area and a lot of wildlife was badly burnt. I delivered a most days. lot of first aid supplies that we could no longer use to a Koala sanctuary and we recently donated to the RSPCA, which was very rewarding.

8. Who do you typically work closely with?

I work closely with Debra Dixon, Mary Greenshields, Brenda Pawsey and Luca Girolamo.

9. Who has been the most inspirational person you have worked with?

Debra Dixon. She has inspired, challenged, supported, coached and driven me to be my best.

10. How long have you worked at Alsco?

I have been with Alsco for three years as of 2nd July. I started as a service technician, then moved into the washroom as a Supervisor.

13. What do you like to do in your spare time?

Drink, relax and hang out with friends.

12. Where do you go for holidays?

Melbourne, Sydney, Brisbane and caravanning.

13. What are your future plans?

To purchase my own home and buy a new car. I have never owned a brand new car!

JO ANN TONKIN

Jo Ann is very conscientious, and takes pride and ownership of her route and vehicle. She regularly calls in for more work when she finishes and communicates well with operations. Jo Ann has assisted in the training of others no matter the distance and helps in the completion of routes outside of her route at any time without complaint.

and end?

I get in the truck at 6am to start my day and finish around 2.30-3pm

2. What does your job involve?

My role is driving to Fresh & Clean clients to service them with their washroom hygiene.

3. What does a typical day involve?

My main day is changing over of hygiene units. I do a lot of travelling as my route covers the far south and Fleurieu Peninsular of SA. I greet my customers and provide a great service.

4. What part of your job do you enjoy the most?

I enjoy meeting and talking with all our customers and leaving their businesses seeing the smiles on their faces.

5. Is there anything you find challenging?

The most challenging part of my job is traffic and maintaining time management.

6. What is the most interesting thing about your job?

Some of the characters you come across and seeing the countryside changing with the seasons.

7. What is the most unusual thing you have had to do?



OUR PEOPLE

I have had to change sanitary units on a boat, and I've walked over hot melted steel at One Steel in Whyalla.

8. Who do you typically work closely with?

I work closely with Mary Greenshields (Service Schedule Supervisor), Debra Dixon (Service Manager) and the washroom staff.

9. Who has been the most inspirational person you have worked with?

I worked with Nicola Slade when I first started. Nicola was always helpful and approachable.

10. How long have you worked at Alsco?

I have worked for Alsco Fresh & Clean since November 2012 and have always worked in this role.

11. What do you like to do in your spare time?

I have a family so I don't get spare time! I enjoy spending time shopping, mixing with friends.

12. Where do you go for holidays?

I went to Darwin on my last lot of holidays. We like to go camping.

13. What are your future plans?

To pay my house off, buy a new car and I am looking forward to grandchildren arriving one day.

Below: Kirsty accepts her award from Deb Dixon

SOCIAL OVERVIEW

Aid

Leukaemia Found

Around the branches

REATER

Events, news celebrations and photos from around the branches

FRESH & CLEAN BRISBANE BRANCH

World's Greatest Shave

the Foundation, hence she got to work on the project.

As a result Kirstie won the competition which then raised the bar on public awareness even higher. It was a great day with a







ALSCO SALISBURY AND MCKAY SERVICES

Dreams Come True

The Alsco Salisbury and McKay Services employees lent their support to the "Dreams Come True" fundraiser After holding our "Pink Day Sausage Sizzle" and "Mega Raffle" (with all prizes being donated from local business) we raised a grand total of \$3020, which exceeded our goal!

Great effort everyone, you are all AMAZING!!!

Jamie Pates, Administration Manager Alsco.

WOLLONGONG BRANCH

Harmony Day

Wollongong branch is lucky enough to have many different cultures amongst its staff, including Australians, Cook Islanders, Croatians, English, Irish, Macedonians, Maltese, Philippines, Polish, Samoans, Serbians, Tongans and Ukrainians. On Harmony Day we all joined together to celebrate our heritage, with everyone making a plat of food for a great lunch together.

Wollongong Social Club

Wollongong branch has a very active Social Club, run by Brenda, Tony, Les and Asena. They run a number of events during the year, including a Dinner Dance in August and their big end of year Christmas party. Elena Phillips, Dola Dimitrievska and Spasija Antanovski (pictured at right) were lucky enough to come first, second and third in the Club's Easter Raffle.

Branch of the Year

wonongoing branch were once again proud recipients of Branch of the Year We celebrated at Easts Berkeley Club on the following Friday so Greg could be present before he headed back to China. All staff were given a certificate of appreciation and a bottle of wine.

ALSCO PERTH BRANCH

World's Greatest Shave

Well done Perth branch after raising an impressive \$530 in the World's Greatest Shave! Alsco also matched the branch dollar for dollar, so all in all a great result for a worthy cause. See photos (right) of some of the participants.

Australia Day Morning Tea

Australia Day 2015 saw the Perth branch celebrate with a special morning tea between the towelling section and the Store.

The goal was to hold an Australia Day morning tea that was all Australian, with a lavish Aussie spread that included lamingtons, pavlovas, sausage rolls, pies, vegemite sandwiches, damper and little boys.

To help celebrate in style, Australia Day dress was in full swing, with everyone doing their bit by wearing something Australian themed.



New pren

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A new fresh look that supports the Alsco brand – a green theme.



ALSCO NEW ZEALAND

Support Centre greets new premises

Back in February, Alsco New Zealand's Support Centre packed up its old head office and moved to new premises. We had been 18 plus years at the Market Road site which was beginning to look and feel tired. So we now have a new fresh look that supports the Alsco NZ brand – a green theme, light and airy with largely open plan offices – a smaller footprint but better usage of space. The installation (at minimal additional cost) of electric desks has been a hit with staff. Old and young are enjoying the "healthier" option of choosing to stand at their desks for part of the day. The photo below is most of the Support Centre Team on our first day at Level 1, 602C Great South Road, Ellerslie, Auckland.





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• New Plymouth • Palmerston North • Rotorua • Tauranga • Wanganui • Wellington • Whangarei