

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.

ANONYMOUS

30th August, 2013

7th Edition



SEPTEMBER:

An Eventful Month For GPD

From all appearances, September promises to be a very busy and productive month for us here at GPD. As a start, the staff is scheduled to participate in three days of training in firefighting techniques and evacuation procedures that will be conducted by officers of the Fire Branch of the Royal Bahamas Police Force. The training is expected to include the correct use of various firefighting apparatus such as fire extinguishers.

In addition, it has been confirmed that a technician from the Heidelberg Company will arrive here to commence works on the PM and the MOZ on Tuesday, 3rd September, 2013, it is expected that those two presses will return to service shortly thereafter.

Finally, our delegation to Print Expo '13 is expected to depart for Chicago on Saturday, 7th September, 2013.

Training-In-Session



DIT training room

From The Desk Of
MR. MICHAEL HUMES

**Our Man
COLLINS
to Train
Staff on Open
Office**

The Department of Information Technology (DIT) has decided, for various reasons, to encourage Ministries and Departments to reduce reliance on the Microsoft Office Suite (Word, Excel, Access and Publisher) and to increase their usage of a platform called Open Office. To that end and as a means of assisting staffs of Ministries and Departments with the transition, DIT is currently mounting a series of training sessions on the new platform.

Mr. Stephan Collins, who participated in a one-day training session on Thursday, 29th August, 2013, is now qualified to pass on his training to the remainder of the staff.

Wilfred had just learned his abc's and was very scared of doing them in front of the class. The teacher, though, told him that the best way to conquer his fears would be to just go ahead and do it. So, trembling, he stood in front of the class and began. "ABCDEFGHJKLMNOQRSTUVWXYZ." "Very good, Wilfred. But you forgot the P. Where's the P?" "It's running down my leg."

POETRY
KORNER

Still I Rise

By Kadria Sears

*Depression, oppression regression, dissatisfaction,
Negatives that all beckon out effortlessly,
Never though do thoughts of compromise appear.
"Still I rise!"*

*Memories of the past may for some unknown reason,
Sap the little moments of pleasure therein
But compromise I won't because of efforts made.
"Still I rise!"*

*Mass amount of talk foolish reasonings,
doubts and fears shown, feelings at times dashed to
pieces despite the efforts of mending its erosion.
But never mind that because
"Still I rise!"*

*If for one minute we ignore those tantrums,
Entertain the murmurs hither and thither
Enemies may have won and may never get to see.
"Still I rise!"*

*But rise we must for hark on the arisen
Untold dreams that pleasantly lies
"Yes, I rise, I rise, I rise!"*

Recipe of the Week

Shrimp & Crabmeat Etouffee



INGREDIENTS:

- 2 onions, chopped
- 2 stalks celery, chopped
- 1 teaspoon olive oil
- 1/4 teaspoon Granulated Garlic
- 2 1/2 cup chicken broth
- 1/4 cup flour
- 3 tablespoons lemon juice
- 1/8 teaspoon Cayenne Pepper, or to taste
- 2 teaspoons Tabasco sauce
- 1 1/2 lb shrimp, peeled and deveined
- 1 1/2 lb lump crabmeat
- 1/4 cup green onions, chopped
- 1/4 cup fresh parsley or 1 1/2 tablespoon Dried Parsley

DIRECTIONS:

In a large stockpot, sauté onions and celery in olive oil until softened, about 10 minutes, stir in garlic granules. Combine chicken broth and flour and stir until smooth. Add to celery mixture and bring to a boil. Reduce heat and simmer until thickened, about 30 minutes. Add lemon juice, cayenne and Tabasco sauce. Add shrimp and cook about 5 minutes. Add crabmeat, green onions and parsley and cook for an additional 5 minutes. Serve over rice.

CARTOON



Health Tip

6 FOODS TO FUEL YOUR BRAIN

Eggs 1.



Don't forget the eggs. They have memory-boosting choline, protein for your muscles, and lutein for your eyesight — important if you spend time in front of a computer screen. Change up your lunchtime routine with these Not-So-Devilish Eggs.

This WEEKLY is for all, if you have anything of importance, please feel free to share with us!