

FLOWERS  
OF THE WEEK



31<sup>st</sup> January, 2014

5<sup>th</sup> Edition

## GPD's Open House & Exhibition

Government Printing Department

### TENTATIVELY SET FOR FRIDAY, 28<sup>th</sup> MARCH, 2014

In commemoration of the 41<sup>st</sup> Anniversary since its establishment in 1973, the Government Printing Department is planning an Open House and Exhibition for Friday, 28<sup>th</sup> March, 2014. Invitations to attend and participate in the exciting one-day schedule of activities will be extended to representatives from all agencies of the Government that submit print jobs to GPD.

The following are among the activities and events being planned:

1. the premiering of an historical documentary in which past and present staff talk about the development of the organization over the 40 years of its existence;
2. the publishing of a commemorative 40<sup>th</sup> Anniversary Booklet, in which funds raised from advertisements sold will help to defray the cost connected with hosting the event;
3. a comprehensive tour of the plant for the purpose of providing participants with in-depth information about the types, purpose, capacity and level of sophistication of the equipment presently at the plant;

4. a glimpse into the short and intermediate plans for manpower development and facility and equipment upgrade at the plant;
5. exhibitions by the Royal Bahamas Police Force and the Royal Bahamas Defence Force on health and safety initiatives implemented at GPD;
6. exhibition by Heidelberg, USA;
7. exhibition by architects from the Ministry of Works and Urban Development on the proposed renovation and reconfiguration and conversion of the former Holiday Ice Building to the GPD warehouse;
8. exhibition by architects from the Ministry of Works and Urban Development on the proposed creation of a new Dark Room at GPD; and
9. exhibitions by Ministries/Departments that are considered to be high volume users of the services offered by GPD.

All things being equal, 28<sup>th</sup> March promises to be a memorable day for GPD.



From The Desk Of



MR. MICHAEL HUMES

## Happy Anniversary GPD!

Whether we are referring to the life of an individual or that of an institution, forty-one years is a long time. What do you know! Now 41 years of age, GPD is all grown up now. Well, congratulations, GPD, and all the best for another 41 years.

4

1





## Sweet and Sour Cabbage with Bacon

### DIRECTIONS:

Heat oil in a large, heavy pot (use a Dutch oven) over medium heat. Add bacon and cook until brown and crisp, stirring frequently. Use a slotted spoon to transfer bacon to a plate. Add onion and cabbage to pot and cook, stirring often, until cabbage is wilted (about 10 minutes). Add vinegar, sugar, and soy sauce and cook until cabbage is crisp-tender, about 10 more minutes. Stir in bacon.

### INGREDIENTS:

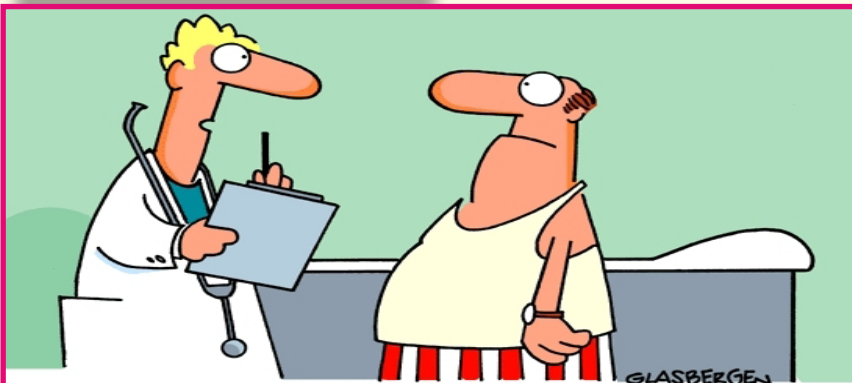
- 1 teaspoon vegetable oil
- 4 slices bacon
- cut crosswise into ½-inch pieces
- 1 onion, thinly sliced
- 1 medium green cabbage
- cored and cut into 1-inch pieces
- ¼ cup vinegar cider
- ¼ cup sugar
- 3 tablespoons soy sauce

## Together for Good

ANGRY	APART	BLESSINGS	CHERISH	CHRISTIAN	CONFUSED
DARK	DIVORCED	EXPERIENCE	FAMILY	FORSAKE	FRIENDS
GOOD	HOPE	LIGHT	LOSSES	MOTHERHOOD	OASIS
PAIN	PARENTS	REARRIED	RESPONSIBILITY	SIBLINGS	STRENGTH
THANKFUL	TOGETHER	TRAIN	TRIALS	TRIPLE	TRUMPHS
TRUST	TWICE	UNIQUE	UPSET	WORKING	

J U N V W O R K I N G W K T P E H T U Y  
 P U T X T R I P L E O F B S V B O Q E T  
 O E O P Y T R I U M P H S U T G S T O L  
 X I G H T V D P F K G S T R E N G T H I  
 K N B R T H S B K C T T I T S U N B F B  
 R V B S A E J Z N S M A H E U Q I N U I  
 D U G Y T F T T A T L E O X S E L Z Q S  
 U J U X X K A I H S R Z V W O J B Z K N  
 A L H G A P A R T T R E M A R R I E D O  
 J N R S K R A D Z J M G N T I C S W O P  
 E S G N I S S E L B C O A J F R H Z X S  
 X D W R G R L D F J H O T G U J V V N E  
 P N H B Y D E A A N R D T H D P Z S W R  
 E E O R Z S M H F K I G V V E A L I Q N  
 R I P E U I S O C V S A B D B R O S I J  
 I R E F L E R P O L T A P N I E H A M Y  
 E F N Y S S C R Y I I B L W M N R O K K  
 N O W S A S C I F G A H E H Y T M H O J  
 C K O K O E J Z W H N Q I X Q S Q K X D  
 E L E Z D Z J N N T V N Y Z Z Q J N Q K

## CARTOON



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

## Health Tip

### 5 Healthy Ways to Cook

# 2.

## POACHING



Slowly cooking fish or chicken in gently simmering broth produces a flavourful, tender main dish. Try salmon, poached in a ginger-lime stock.

Food Network



### Joke of the Day

#### DEVIL IN THE CHURCH

One Sunday morning, Satan appeared before a small town congregation. Everyone started screaming and running for the front church door, trampling each other in a frantic effort to get away. Soon, everyone was gone, except for an elderly gentleman who sat calmly. Satan walked up to the man and said, “Don’t you know who I am?” The man replied, “Yep, sure do.” Satan asked, “Aren’t you going to run?” “Nope, sure ain’t,” said the man. Perturbed, Satan asked, “Why aren’t you afraid of me?” The man calmly replied, “Been married to your sister for over 40 years.”

## HAPPY BIRTHDAY to PHILIS KEMP



By Kadria Sears

# POETRY KORNER

## - Liberty -

*Capturing the essence of its real meaning  
 Can truly be seen by the lives of birds,  
 Each creature we know of has that innate desire  
 For true freedom, real power for want of a better word.  
 As a nation once again we’ve become of age,  
 Reminding us that yes, we’ve been granted authority,  
 Yes, we’ve been granted that power to make decisions,  
 And choices that control our own destiny.*

*Reflections of the past, present and future,  
 Allow us not only to see where we are  
 But also help us appreciate where we are going,  
 Bringing hopes of goals and accomplishments come near or far.  
 Nineteen seventy-three marked that first step  
 And ever since then we’ve been liberal  
 As a new born baby on that day,  
 We’ve crawled and stood up, and successfully made our way.*

*Imagine that night, the sound of the Police Band,  
 The excitement of the crowd as they all stood around,  
 Eloquent speeches given, cultural shows being put on  
 And of course famous choirs gracing the night with Bahamian songs.  
 What real joy and satisfaction one gets,  
 When becoming responsible for its own destiny,  
 Heraldng true Independence and Liberty.*

## QUOTE OF THE DAY

“Don’t cry because it’s over, smile because it happened.”

- DR. SEUSS