

**FLOWER
OF THE
WEEK**



Star Cactus

WORD OF THE WEEK

MENDICANT (NOUN)
men-di-kent

A beggar

Example

Patrice was saddened to learn that her former boss had fallen on hard times and was now a mendicant.

Build your vocabulary by using the Word of the week throughout the week!

By Lorraine Taylor

2nd May, 2014

15th Edition

Qualified and Certified

In a brief ceremony held here at GPD on the morning of Thursday, 1st May, 2014, certificates were awarded to members of staff who participated in two in-house training courses, namely Open Office Computer Application and Instructions for Correctly Completing Appraisal Instruments, which were conducted by GPD staffer, Mr. Stephan Collins and Ms. Katherina Smith, Senior Assistant Secretary at the Cabinet Office.

We will all recall that the Department of Information Technology (DIT) decided some time ago, and for a variety of 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 mounted a series of training sessions on the new platform.

On Thursday, 29th August, 2013 Mr. Stephan Collins participated in a one-day training session on Open Office, which qualified him to become our In-house Trainer.

On 4th April, 2014 Ms. Katherina Smith, Senior Assistant Secretary of Cabinet Office conducted our first In-house Supervisory Seminar, which had as its objective the proper process of completion of the Annual Employee Performance Appraisal Records.

The information imparted by both Mr. Collins and Ms. Smith was well received, and will go a long way for us on our continuing journey aboard GPD Flight 2014.



Under Secretary Mrs. BENEBY and Supervisor Mrs. WALKER-FERGUSON at the lectern.



Mr. HUMES speaking at the ceremony.



Mr. COLLINS, Open Office Instructor.



Ms. SMITH, Supervisory Seminar Instructor.



Ms. SEARS receiving her certificate from Mr. HUMES and Mrs. BENEBY.



Mr. NEWRY receiving his certificate from Mr. HUMES and Mrs. BENEBY.



Mr. NEILLY receiving his certificate from Mr. HUMES and Mrs. BENEBY.

Ms. ALBURY receiving her certificate from Mr. HUMES and Mrs. BENEBY.



Ms. GARDINER receiving her certificate from Mr. HUMES and Mrs. BENEBY.

From The Desk Of

ON VACATION



MR. MICHAEL HUMES

For the information of staff, I shall be on vacation during the period 5th -23rd May, 2014.



INGREDIENTS:

- 1 lb. boneless, skinless chicken breasts
- 4 oz. pepper jack cheese, shredded (you can use up to 6 oz.)
- 1 cup frozen spinach, thawed and drained (you can also use fresh cooked spinach)
- 2 tbsp. olive oil
- 1 tbsp. breadcrumbs (Italian style)
- Sea salt, to taste
- Freshly ground black pepper, to taste
- Lots of toothpicks

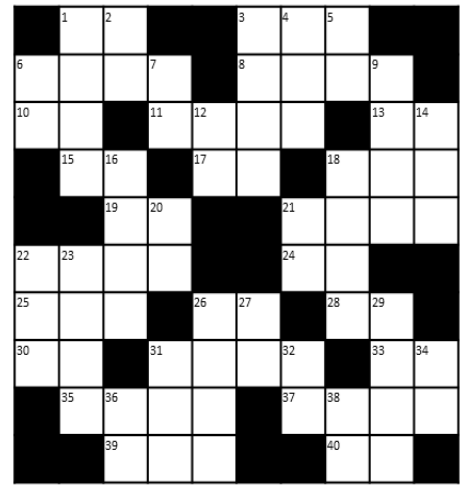


Chicken Breast Stuffed with Pepper Jack Cheese & Spinach

DIRECTIONS:

Preheat oven to 350 degrees. Flatten the chicken to 1/4-inch thickness. In a medium bowl, combine the pepper jack cheese, spinach, salt and pepper. Combine the Cajun seasoning and breadcrumbs together in a small bowl. Spoon about 1/4 cup of the spinach mixture onto each chicken breast. Roll each chicken breast tightly and fasten the seams with several toothpicks. This part requires a tiny bit of skill and I typically use about 8 toothpicks in each roll to ensure none of the filling seeps out. Be sure to count how many total toothpicks were used! Brush each chicken breast with the olive oil. Sprinkle the Cajun seasoning mixture evenly over all. Sprinkle any remaining spinach and cheese on top of chicken (optional). Place the chicken seam-side up onto a tin foil-lined baking sheet (for easy cleanup). Bake for 35 to 40 minutes, or until chicken is cooked through. Remove the toothpicks before serving. Count to make sure you have removed every last toothpick. Serve whole or slice into medallions.

Cross Number #1



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ACROSS

- 1. 22 - 9
- 3. 159 - 13
- 6. 465 + 750
- 8. 2329 + 3294
- 10. 25 - 10
- 11. 18833 - 9266
- 13. 20 - 7
- 15. 15 + 16
- 17. 120 - 24
- 18. 952 - 344
- 19. 99 - 40
- 21. 445 + 8975

DOWN

- 2. 46 - 15
- 3. 297 + 1269
- 4. 235 + 232
- 5. 83 - 21
- 6. 15 - 4
- 7. 29 + 30
- 9. 5457 - 2355
- 12. 24 + 35
- 14. 560 - 180
- 16. 381 + 1139
- 18. 12346 + 5865
- 20. 27 + 69
- 21. 183 - 86
- 22. 338 - 42
- 23. 280 + 4692
- 26. 10786 - 5144
- 27. 27 + 22
- 29. 12200 - 5879
- 31. 687 - 67
- 32. 62 - 11
- 34. 21 + 24
- 36. 61 - 6
- 38. 17 + 44

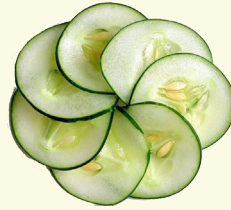
QUOTE OF THE DAY

"I never knew what real happiness was until I got married, and by then it was too late".
- Max Kaufman

Health Tip

Cucumbers for Energy

Feeling tired in the afternoon? Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.



CARTOON



One day a blonde decided to face her fears and go riding on a horse. It was easy for her to get on and she was doing just fine until the horse started to go faster. She started slipping off the saddle. She couldn't hold on to the horse and her head started hitting the ground. She was almost knocked unconscious when the Wal-Mart manager came out and unplugged the machine.

By Kadria Sears

POETRY KORNER

A SHIP A SAIL

Like a ship destined for another port across the ocean,
The journey you've taken can never be broken.
Along that sea I'm sure you'd meet,
Trials and tribulations that you'll defeat.
Remember that you're not alone when those waves get rough,
And tides of problems seem just a little bit too much.
You see the beauty of this journey is not 'getting' into it,
But 'being' able to handle problems and not quit.
A ship in harbour never will succeed
Unless its tested by the deep waves that bleed.