



ARTICULATE (ar-ti-cu-late) (verb)

To speak clearly; to express in words.

Example

Nathan **articulated** the difficult subject of prostate cancer in such a way that all of the men were comfortable with it when he finished.

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

By Lorraine Taylor

3rd January, 2014

1st Edition

Welcome Aboard Flight GPD-2014



Greetings, Salutations, and Good Morning Everyone: Welcome aboard Flight GPD-2014. While the ground crew, stewards and stewardesses prepare the aircraft for takeoff. I take this opportunity to join the Secretary to the Cabinet and Under Secretary Beneby in extending thanks and appreciation to each of you for your hard work and dedication over the years and best wishes for a Happy and Blessed New Year. For my part I pledge to do all I can to put a smile on every face and new hope in every heart.

The course that we have charted for Flight GPD-2014 is intense, and include, among other things activities which are designed to enable GPD to accomplish some major goals in only half the time it would normally take.

I. Resolution of Outstanding Human Resource Issues

Just before Christmas, the Ministry of Finance gave financial clearance for all persons at GPD, who have been so recommended, to be placed on the Permanent and Pensionable Establishment or receive their promotions. The appropriate paperwork should be issued shortly.

II. Internal Promotions to Supervisory Level

It is expected that the Department of Public Service will issue the appropriate paperwork shortly to confirm the internal appointment of one member of our staff to a supervisory rank; more such internal movements are expected thereafter.

III. Engagement of Additional Staff

Preliminary approval was given just before Christmas for the engagement of nine additional members of staff at GPD.

IV. Renovation and Occupation of Former Holiday Ice Building

A strategy for the cost-effective renovation and occupation of the former Holiday Ice Building has been formulated and sent up the chain of command. As soon as favorable consideration is given to the plan by all of the parties concerned, aggressive steps will be taken to implement its various components.

V. Staff of GPD, the tower has just given clearance for Flight GPD-2014 to proceed down the runway. In preparation for takeoff, please be sure that your seatbelts are securely fastened, your seats and tray tables are in their upright and locked positions. All carry-on luggage are stowed either in the overhead bins or below

the seat in front of you, as we about to takeoff, leave the ground and fly. Please enjoy the flight.

From The Desk Of

MR. MICHAEL HUMES

2014: A YEAR FOR PAYING GREATER ATTENTION TO DETAILS OF TIME AND TASKS AT GPD.

Time is a fast moving and one-directional quantity that is measured in such units as seconds, minutes, hours, days, weeks and months, decades, and centuries. What is sure, is that it waits for no one. With all of the plans we have on our list of things to do at GPD for 2014, time management for us will be of paramount importance. To inspire you on your way, read the following poem that was written by Henry Wadsworth Longfellow in 1838.

A PSALM OF LIFE

TELL me not, in mournful numbers,
Life is but an empty dream! —
For the soul is dead that slumbers,
And things are not what they seem.

Life is real! Life is earnest!
And the grave is not its goal;
Dust thou art, to dust returnest,
Was not spoken of the soul.

Not enjoyment, and not sorrow,
Is our destined end or way;
But to act, that each to-morrow
Find us farther than to-day.

Art is long, and Time is fleeting,
And our hearts, though stout and brave,
Still, like muffled drums, are beating
Funeral marches to the grave.

In the world's broad field of battle,
In the bivouac of Life,
Be not like dumb, driven cattle!
Be a hero in the strife!

Trust no Future, howe'er pleasant!
Let the dead Past bury its dead!
Act,— act in the living Present!
Heart within, and God o'erhead!

Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time;

CARTOON



Honey, our lawyer wishes us,
but in no way guarantees,
a Happy New Year.

Health Tip

11 Ways To Get
Fibre In Your Diet
WINTERSQUASH



A cup of winter squash gives you 6 grams of fiber. Warm up with a bowl of creamy, comforting Butternut Squash Soup or switch up regular pasta for spaghetti squash.

Happy New Year

BEGINNING FRIENDS MIDNIGHT TIME	CELEBRATIONS GAMES NEW YEAR	EXPECTATIONS HAPPY PARADES JOY	FAMILY HOLIDAY PARTIES	FOOD HOPE PLANS	FOOTBALL JANUARY RESOLUTIONS
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C F B E G I N N I N G F G Y O P R X C X
C E R X Y R A U N A J O H N A H X B V L
C L L A B T O O F M E O J O Y O P Z X I
G A M E S C Y L I P K D K E S Q Y L I K
N I A I B C D D O F H F A Z P S N U C Z
E I T D C R N H P P A R T I E S A V C I
W X J L R I A O D L Z I C I P I W M O O
T N T T G P J T T D A E D N M X N R M O
Z U Z H P F A M I L Y N W C F E C Y B L
C U T Y Y A D I L O H D S R H L I I X S
E X P E C T A T I O N S E C V G H D A O
P A R A D E S Y E N G S V F P A T D B U
V P R S V M O A E O O E H G U R F G B K
Z P M T U T U Z S L G Q P B R Q M O O Q
W P J Q E H O U U C J Z N J V S Y B O Q
T P B I L K M T Y U G N G H D C H L V I
C L Q P C Y I C Z D N E H J V X P L C L
I E O K K O Q J V E L J J C V K V C W S
O B E N N U B K L J X X O I X K L L X X
K U U S C X Z X K Z V U I W S W V Q V Q

QUOTE OF THE DAY

*Be miserable or motivate yourself
whatever has to be done, its always
you choice- R. EVANS*



Q: If your wife is shouting at the front door and your dog is barking at the back door, who do you let in first?

A: The dog, of course. At least he'll shut up after you let him in.

Recipe of the Week



Grilled Chicken with Strawberry-Pineapple Salsa...

INGREDIENTS:

1 teaspoon olive oil
2 slices fresh pineapple, each 1/2-inch thick, patted dry
1 cup whole strawberries (about 5 ounces), diced
1/4 cup finely chopped red onion
3 to 4 tablespoons chopped fresh mint leaves
1 to 2 teaspoon sugar
1/8 teaspoon crushed red pepper flakes
1 medium lemon
4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded
2 teaspoons salt-free steak seasoning blend
1/4 teaspoon salt

DIRECTIONS:

Preheat the grill to medium high. Brush a grill pan or grill rack with the

oil. Heat the grill pan or rack on the grill for about 2 minutes, or until hot. Grill the pineapple for 2 minutes on each side. Transfer to a cutting board and let cool slightly, about 2 minutes, before chopping.

Meanwhile, in a medium bowl, stir together the remaining salsa ingredients except the lemon. Grate 1 teaspoon lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture. Set aside.

Sprinkle both sides of the chicken with the seasoning blend and salt. Grill for 5 minutes on each side, or until no longer pink in the center. Transfer to plates. Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.

By Kadria Sears

POETRY KORNER

HEART TWO HEART

Questions roving,
minds all bogging,
Jumbled words begin to pertrude.

Much can be said
But all is dread,

When matters are not confronted.

Simply saying what may naturally come first,

May leave bitter sweet molds
we are unable to manage.

But managing to pour out
pure reasonings, pure feelings
with the most genuine thought.

Soothes the most dismal and regretful moments,
we as humans have ever fought.