

FLOWER  
OF THE WEEK



Daisy

WORD OF THE WEEK

**LACKADAISICAL (adjective)**  
**lac-a-day-si-cle**

Lacking spirit, life or interest

**Example**

Several of Jemma's teachers told her mother that she showed a **lackadaisical** attitude when it came to her school work.

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

By Lorraine Taylor

25<sup>th</sup> April, 2014

14<sup>th</sup> Edition



## GPD HONOURS OUR MAN DURAN

### *With Big Picture and Reserved Parking*

For the remainder of his reign as GPD's and Cabinet Office's Employee of the Year, our Man, Duran, who was declared Cabinet Office's Employee-of-the-Year on 26<sup>th</sup> September, 2013, after emerging the winner of the semi-final round of the competition, will have his picture prominently displayed at the forefront of the plant, and his reserved parking space just in front of it.

At 1:00 p.m. on 14<sup>th</sup> November, 2013, a brief but moving portrait exchange ceremony was held in the

foyer of the Cabinet Office to mark a changing of the guard, in which the respective portraits of the previous and present Cabinet Office Employees of the Year, namely Ms. Raquel Stubbs (outgoing) and Mr. Duran Glinton (incoming).

Mr. Glinton, a 29 year old graduate of The College of The Bahamas, possesses a BA in Computer Information Systems, and is currently employed in the Pre-Press area of GPD as a Graphic Artist. He is known among his colleagues as "the gentle giant".



# Chicken Piccata



### INGREDIENTS:

- 2 skinless and boneless chicken breasts, butterflied and then cut in half
- Sea salt and freshly ground black pepper
- All-purpose flour, for dredging
- 6 tablespoons unsalted butter
- 5 tablespoons extra-virgin olive oil
- 1/3 cup fresh lemon juice
- 1/2 cup chicken stock
- 1/4 cup brined capers, rinsed
- 1/3 cup fresh parsley, chopped

### DIRECTIONS:

Season chicken with salt and pepper. Dredge chicken in flour and shake off excess. In a large skillet over medium high heat, melt 2 tablespoons of butter with 3 tablespoons olive oil. When butter and oil start to sizzle, add 2 pieces of chicken and cook for 3 minutes. When chicken is browned, flip and cook other side for 3 minutes. Remove and transfer to plate. Melt 2 more tablespoons butter and add another 2 tablespoons olive oil. When butter and oil start to sizzle, add the other 2 pieces of chicken and brown both sides in same manner. Remove pan from heat and add chicken to the plate.

Into the pan add the lemon juice, stock and capers. Return to stove and bring to boil, scraping up brown bits from the pan for extra flavour. Check for seasoning. Return all the chicken to the pan and simmer for 5 minutes. Remove chicken to platter. Add remaining 2 tablespoons butter to sauce and whisk vigorously. Pour sauce over chicken and garnish with parsley.

## Steam Away Stress

Health Tip

**Stressed out and don't have time for a massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.**



## CARTOON



"I figured you should have breakfast in bed on your birthday. Can you reach the stove okay?"



Two elderly couples were seated on a bench in a park enjoying a friendly conversation when one of the men asked the other, "Fred, how was that memory clinic you went to last month?" Fred replied, "Outstanding. They taught us all the latest psychological techniques: visualization, association, etc. It was great." The other man said, "That's great! And what was the name of the clinic?" Fred went blank. He thought and thought, but couldn't remember. Then a smile broke across his face and he asked, "What do you call that flower with the long stem and thorns?" The other elderly man replied, "You mean a rose?" Fred said, "Yes, that's it!" He then turned to his wife sitting next to him and asked, "Rose, what was the name of that memory clinic?"



# Easter egg hunt

The words easter egg are hidden in this puzzle 20 times. Can you find all of the easter eggs?

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

### QUOTE OF THE DAY

*Things change. And friends leave.  
 Life doesn't stop for anybody."*

- STEPHEN CHBOSKY, *The Perks of Being a Wallflower*

By Kadria Sears

# POETRY KORNER

## - Lily of the Fields - Part 2

*Or maybe for one brief moment we think,  
 a hero really is someone we don't forget with a wink.  
 As 'Lily' blossoms among the thorns and weeds in the field  
 She stands tall to let us know exactly how it feels.  
 Yes! how it feels to hurdle every obstacle,  
 to keep such a stark contrast  
 Between what the future holds out and the distant past.  
 These qualities that she portray are truly innate,  
 Thus it's hard for those buds not to emulate.  
 See, to me 'Lily' stands completely alone,  
 Never to be touched by a single prune.  
 As we feel the warm rays of the sun beating against the  
 thick layer of our skin,  
 Lily's mark will forever leave a deep,  
 meaningful and lasting impression,  
 Of the real meaning of love, courage and warm affection.  
 Thus, Lily's description fits none other,  
 Than Lillymae B. Johnson, my beloved Mother.*