

*Bleeding Hearts*



*Dahlia*

7<sup>th</sup> February, 2014

6<sup>th</sup> Edition

## Feature of the Week:

# GPD's Bindery Department

The Bindery Section of GPD is where all printed work is checked, bound, packaged and dispatched to the various Ministries. Many of the jobs are completed with the use of specialized equipment, such as:

- I. **Stitching Machines**, which are used to staple booklets. It varies in capacity of wiring due to the thickness of books. It performs two functions such as Side or Saddle stitching;
- II. **Roller Machine**, which serves two main functions of imprints. They are Perforating and Scoring Images;
- III. **U V Coater Machine**, which provides high gloss definition to invitations, certificates, banners, flyers and booklets;
- IV. **Perfect Binder Machine** – It's a computerized machine that binds books at the spine with a heated glue;
- V. **Drill Machine**, which drills holes into booklets for the purpose of sewing books or for work that are placed into Binders.
- VI. **Horizon Collator Machine**, which helps with the collating and stitching of booklets and forms; and
- VII. **Padding Machines** – Padded



From left to right:  
Dakota Albury,  
Omar Mills,  
Ashley Gaitor,  
Sherelle Miller, Brett Wright and Roslyn Evans.



Stationery and forms are produced by these machines, with applied adhesive components such as Fan Apart and Padding Compound, depending on job description and paper.

There are still print jobs in the Bindery Section that are completed manually; however, intense efforts are being made to have those remaining tasks mechanized.



From The Desk Of



MR. MICHAEL HUMES

On Friday, 28<sup>th</sup> March, 2014, the Government Printing Department (GPD) will hold an intensive one-day Open House and Exhibition here at the plant on Soldier Road, an event which is expected to be held annually, going forward. Representatives from various agencies of the Government, whose print jobs are done by GPD are busily engaged in assisting GPD with planning the event.



# Spicy Beef Stir-Fry

## DIRECTIONS:

Whisk the cornstarch with 2 tablespoons rice wine in a medium bowl; add the beef, season with salt and pepper and toss to coat. Set aside for 15 minutes.

Mix the remaining 1 tablespoon rice wine, the oyster sauce and sesame oil in a large bowl; set the bowl near the stove.

Heat a wok or large nonstick skillet over high heat until very hot, about 1 minute. Add 3 tablespoons peanut oil, then the ginger, garlic and chiles; stir-fry until fragrant, about 1 minute. Add the beef and cook, stirring or shaking the skillet occasionally, 1 to 2 minutes. Transfer the beef with a slotted spoon to the sauce mixture and toss.

If the pan is dry, add 1 tablespoon peanut oil, then add the onion and stir-fry until just soft, about 2 minutes. Add the bok choy and sugar; stir-fry until just wilted, 1 to 2 minutes. Return the beef and any juices to the pan and stir to combine. Serve over the rice.

## INGREDIENTS:

- 1 tablespoon cornstarch
- 3 tablespoons Chinese Shaoxing rice wine, dry sherry or white vermouth
- 1 pound beef sirloin, thinly sliced against the grain into strips
- Kosher salt and freshly ground pepper
- 2 tablespoons oyster sauce
- 2 teaspoons toasted sesame oil
- 3 to 4 tablespoons peanut oil
- 1 1-inch piece fresh ginger, thinly sliced
- 2 cloves garlic, smashed
- 5 to 7 dried red chiles, halved
- 1 small onion, thinly sliced
- 8 heads of baby bok choy, halved
- Pinch of sugar
- Cooked rice, for serving

## Italian Food Word Search

Find the names of the tasty treats unique to Italian cuisine.

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

- ANTIPASTO
- BRUSCHETTA
- CROSTINI
- FARSUMAGRU
- FORMAGGIO
- FREGNACCE
- FRIARELLI
- GNOCCHI
- GRISSINI
- INSALATA
- LASAGNA
- MANICOTTI
- MARINARA
- MINISTRONE
- MOZZARELLA
- PANINI
- PASTA
- PENNE
- PESTO
- PINZIMONIO
- POLENTA
- RAVIOLI
- RISOTTO
- SFORMATO
- SOTTOLI
- SPAGHETTI
- TIMPANO
- TORTA

All About Puzzles  
 puzzles.about.com

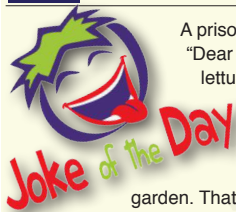
## 5 Healthy Ways to Cook FISH EN PAPILOTE

3.



Steaming fish and thinly sliced vegetables in a paper pouch makes for a healthy meal and an impressive presentation.

Food Network



A prisoner in jail receives a letter from his wife: "Dear husband, I have decided to plant some lettuce in the back garden. When is the best time to plant them?" The prisoner, knowing that the prison guards read all mail, replies in a letter: "Dear wife, whatever you do, do not touch the back garden. That is where I hid all the money." A week or so later, he receives another letter from his wife. "Dear husband, you wouldn't believe what happened. Some men came with shovels to the house and dug up the back garden." The prisoner writes back: "Dear wife, now is the best time to plant the lettuce."



## CARTOON



QUOTE OF THE DAY

"Problems are not stop signs, they are guidelines."

- R. EVANS

By Kadria Sears

## POETRY KORNER - A WALK IN THE CLOUDS -

Ah! white washed layers,  
 Neatly soldiered across the thick sky,  
 Seem to lure us to the motions of whatever  
 they are trying to portray.  
 So discreet in their ways  
 They subtly speak volumes  
 We may not hear them  
 But the ones who hear are the ones  
 who appreciate the sounds they utter.  
 We not only hear sounds of complete tranquility  
 But sounds of something beautiful,  
 something serene yes something totally unique.  
 The mind is all one needs to  
 begin such an escapade  
 An escapade of beauty and  
 fantasy never dreamed of.  
 These puffed layers described as clouds  
 continue to amaze  
 our senses and continue to  
 tantalize our imagination.