

ISSUE 4-SEPT/OCT 2020

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MAGAZINE

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TRUST GOD
IN THIS SEASON

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him”

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5 Things that have stood out in 2020

Stepping into 2020 I was full of anticipation and excitement of great things to come. I rang in the New Year at a new and interesting venue called "Julees" with some special people.

This special year I would be celebrating a Milestone Bornday/Birthday and I had many plans including a boat cruise organized by my adorable adopted baby Brother, spending time in NYC with my family doing Broadway and lots of shopping at my favourite stores. Topped off by quality time with my Brother and my family in Canada; including a wonderful celebration on my special day. All my plans were in place with airfares and cruise paid, much to look forward.

Then Boom! Corona virus presented itself in China leading into March and April evolving into Covid – 19 and was spreading all over the world taking lives. While under curfew perpetrators found ways

to commit heinous crimes, shocking the island with the death of Bruce Greenaway on April 13 then his lifeless body was found the following day while he was last seen in the hands of the Police and Defense Force.

More devastation on May 25 a white Police Officer in America decided he wanted to take a black life killing George Floyd by kneeling on his neck. Then on July 10 Custom Officer Nigel Christian kidnapped from his home and then found executed a few hours later.

Like I fell asleep in one world and woke up in another.

"All my plans were in place with airfares and cruise paid, much to look forward..."



Patricia Louisa Tully, CHE

HEALTH POLICY MAKING FOR ADVANCE PRACTICE NURSE



ACADEMIC RESEARCH BY JULIEN DAVID KENTISH- BSCN, STUDENT U.W.I

As the world advances, so must our regional healthcare system. In over-looking the assessment, diagnosis, planning, implementation, and evaluation of the nursing process (L, Hall 1955) we must take into consideration the level of advancement and speciality of our nurses who are providing care. In treating several non-communicable diseases or even an emergent and at times family cases such as gynaecology or paediatric, there should be a bank of specialized nursing professionals who will add to the interdisciplinary team. How can we gradually change to this development approach? Are our specialist/advanced practice nurses given equal professional respect within the healthcare field? Are our specialist/advanced practice nurses given the opportunity to practice according to their high level of training? This research will highlight and address certain areas within the healthcare system

that needs addressing- specifically in policymaking, in order to keep pace with the ever-developing medical world.

Health Policy Making for Advance Practice Nurse (APN)

Imagine a world without order, a machine without its manual, or life with no set structure or plan. For growth and diversification to occur there is a need for providing standardization daily operations. The International Council of Nurses (ICN) defines the advanced practice nurses as "a registered nurse who has acquired the expert knowledge base, complex decision-making skills and clinical competencies for expanded practice, the characteristics of which are shaped by the context and/or country in which he/she is credentialed to practice. In shaping the characteristics as mentioned by the ICN, there must be several consultations to include drafting of

legislation and policies. According to the World Health Organization, health policy refers to decisions, plans, and actions that are undertaken to achieve specific health care goals within society. Creating health policies that stipulates the functions of an advance practice nurse can help to improve career opportunities, increase a clinical appreciation for the discipline and diversify community healthcare services.

Creating health policies that stipulates the functions of an advance practice nurse can help to improve career opportunities. An example of this is the expansion of the scope of practice for the Registered Nurse. Setting a basis for a nurse to freely practice the skills they have been trained to perform, motivates them to advance the ladder of opportunity. Having a policy to guide the work and responsibilities of an APN



“Creating health policies that stipulates the functions of an advance practice nurse can help to improve career opportunities....”

opens avenues for training of staff. This would allow them to improve their competency level and ability to function adequately. Within an abstract from a 2010 US National Library of Medicine article entitled the “role of nurse practitioners in reinventing primary care”, two of the recommendations made for nurse practitioners were to have nurse practice acts standardized and that performance results be publicly reported to maximize the high-quality care that nurse practitioners provide. Next to every great specialist doctor is an assertive, well rounded and competent advance practice nurse. With better opportunities either in clinical nursing or education, there will be jobs readily available for specialist nurses. Nurses would be able to join Universities in the Caribbean or even apply to work with surgeons or another specialist. Advance practice nurse or in other states referred to as Specialist nurses

provide direct patient care and can play a leading role in making sure patients get the best care possible. Therefore, in drafting policies there would be clear description and objectives of the scope of practice for these specialists.

Another benefit of having health policy for an Advance Practice Nurse is that it increases a clinical appreciation practice nursing role in several countries. In the final reporting of the study it was observed that the top facilitators were patient demand for primary health care in rural and urban areas also the large rate of acceptance from the general population for this profession in providing primary health care. One of the barriers was the idea that APNs will substitute for physicians. In having policy there would be a clear understanding as to the role of each clinician within the multi-disciplinary group. “Over the past

20 years, an increase in the numbers of Nurse Practitioners (also another term given to APNs), enactment of state laws expanding the scope of practice, prescriptive authority and third-party reimbursement, and national efforts to improve health care access have resulted in expanded roles for NPs in providing primary care services (American college of Physicians Policy Monograph 2009)” In clarifying this role there would be an increase in appreciation for the Advance practice nurse leading to a harmonized healthcare environment.

Finally, creating health policy that stipulates the functions of an advance practice nurse can help to diversify community healthcare services. In a study on nurses’ policy influences; a concept analysis showed that most primary care groups in primary care centers consulted with local



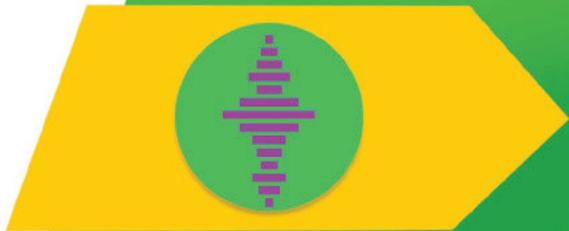
"This special profession is multifaceted, whereby various roles are performed through caregiving..."

nurses about the key fields in care services and they are believed that consultation with nurses had been effective (Dowswell et al) A high level of comfortability has been build with nurses wherever you go. This special profession is multifaceted, whereby various roles are performed through caregiving. As a nurse you are the counselor, lawyer and protector of the patient and that is what creates bonding, safety and security mentioned by Maslow. Access to specialty care for Community Health Care (CHC) patients in the USA is a big challenge (MEzeonwu) Having health policies that would outline the characteristics of the ANP would make way for specialist care throughout the population. Community Health Care is of importance seeing it distributes itself in provinces, or villages where minimum or no care is given. Nurse practitioners with varied specialty

would be able to provide different care which in return would decrease the twenty-five percentage of patients who present to community centers requiring specialty and diagnostic services which are not provided there. (Cooke NLet al.26).

In the 1960s, an insufficient physician workforce was one of the factors that led to the development of non physicians clinicians such as Nurse practitioners (American College of Physicians. 4) In this developing world there is a need for harmony within the field of Health and Medical Sciences. Each clinician comes together in addressing the needs of the patient. The only way this can be fashioned in a way that gives clear definition as to each one's role and responsibility is by creating health system policies. These policies are broken into three levels; one

is the micro- special groups that are not made by the government, then macro-policies made for the whole country and finally the meso which is between micro and macro- made by organizations (Dowswell et al). Healthcare should be collaborative, therefore in this world there is a need for advance practice nurses in primary and community health care. With this being evident in this research health policies should be included in world government's discussions. In an attempt to improve career opportunities, increase a clinical appreciation for the discipline by physicians and diversify community healthcare services health policies should be created.



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Nuggets from the word



Rooted & Grounded

Carolyn G. Philip | Author/Motivational Speaker

Colossians 2:6:7

“As ye have therefore received Christ Jesus the Lord,
so walk ye in him:

Rooted and built up in him, and stablished in the
faith, as ye have been taught, abounding therein with
thanksgiving.”

The world is experiencing a season of turmoil. Amid a raging pandemic, the barrage of negative news blaring through the television, radio and social media can be depressing. Protests have increased around the globe over political and racial issues, while some are protesting Covid-19 protocols. Other areas are experiencing, or suffering the aftermath of wildfires, explosions, floods, earthquakes, storms, and civil war. Unemployment has increased in many countries due to Covid 19 restrictions, and people are growing weary, frustrated, and depressed as the pandemic goes on.

As followers of Christ, we are encouraged to trust God in this season. Yes, times are difficult, but now is the time to exercise faith in the God of our Salvation. This is the time when our faith needs to be activated, and songs of victory and praise need to be declared.

Colossians 2:6 encourages us to walk in Christ, rooted and built up in Him. When the roots of a tree are planted deep down in the earth, it is difficult for strong winds to topple it. Likewise, we must be rooted and grounded in Christ. We must stand on the Word and the promises of God - “Established in the faith”, says Paul.

Now, more than ever, we need to stand

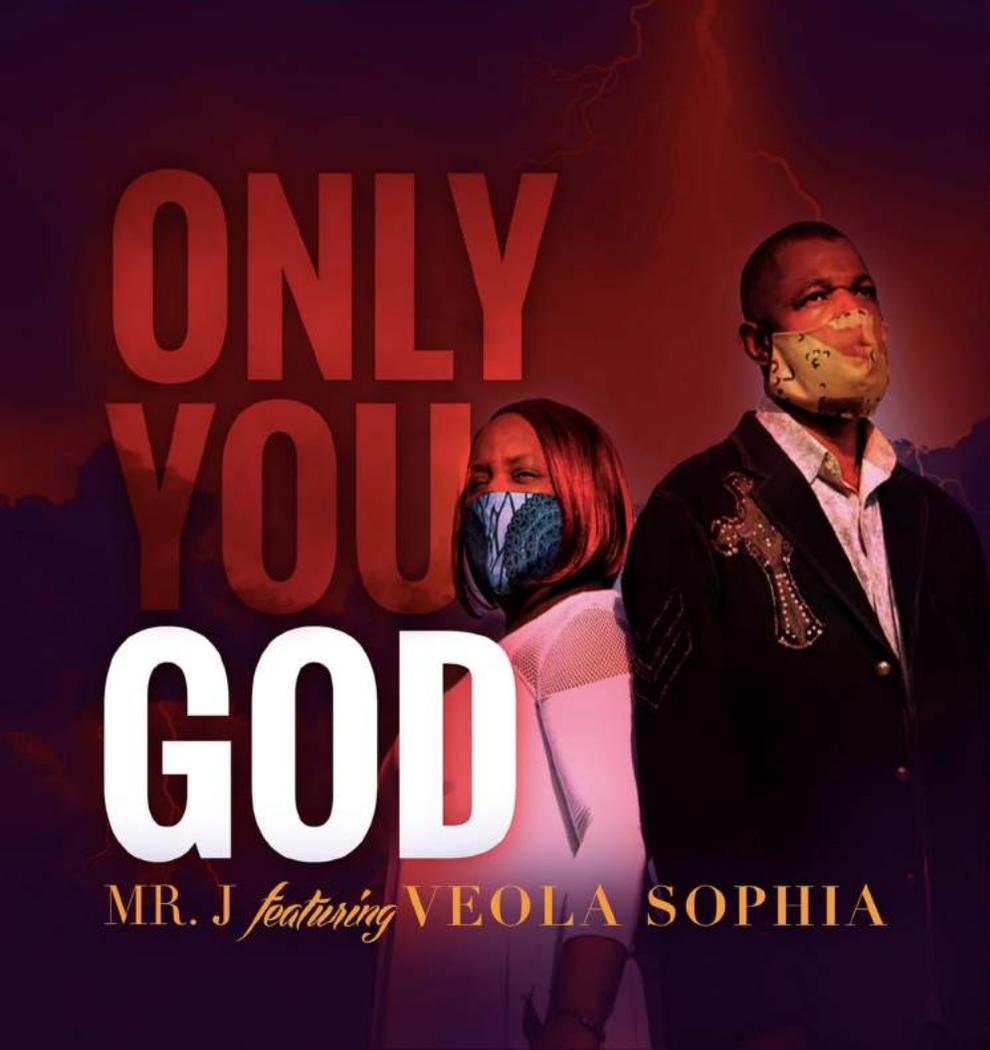
firm on what we have been taught over the years. At the same time, we are encouraged to be in a state of thanksgiving.

It is not easy to give praise and thanks in difficult times; but that is exactly what is required for victory. At a time when many are anxious and frustrated, the believer is encouraged to seek refuge in Jehovah Nissi – our banner, our covering and refuge. We are encouraged to stand on the promise that God will never leave us or forsake us; the promise that He will supply all our needs according to his riches in glory; the promise that the righteous will not be forsaken, nor his seed left to beg bread; the promise of healing of mind, soul and body; the promise that the righteous will flourish like the palm trees in Lebanon; the promise that He will prepare a table for us in the presence of our enemies; the promise that His love for us will never fail.

No matter the problems around you, know that you are a child of the King and you operate in His kingdom. Do not be shaken or dismayed by the global turmoil. All these things were foretold in Scripture and we are told in 2 Timothy 3 “that in the last days perilous times shall come”. We need not fear, because the very word we stand on tells us “God hath not given us a spirit of fear; but of power, and of love and a sound mind”. Keep on building yourself through the study of God’s Word, and remain faithful to the God of your salvation, looking to Jesus who is the “author and finisher of our faith.”



MR J



**ONLY
YOU
GOD**

MR. J *featuring* VEOLA SOPHIA



TRPM:

What is your favourite dish? Are you a good cook?

MR J:

I tend to like anything that's edible, healthy and taste good lol. However I do love up some lasagna and well prepared calamari. Yum lol. I'm not good at cooking at all. I promised myself to take up some lessons.

TRPM:

Who were some of your favourite Artists growing up? Who are you listening to now?

MR J:

Back in the day I liked Easy E, Ice Cube, Bounty Killer and Sade. After conversion, it was Christain Massive from the Bahamas, Peter Runks from the Bahamas, Papa San, Stitchie and St. Matthew. Nowadays I'm tuned in more to worship music. Do it again, See A Victory, My Worship and others.

TRPM:

Describe the moment when you first heard one of your songs on the Radio.

MR J:

The song was We Need You by myself and Deacon Culture. I was excited and extremely happy. It was a long uphill battle to achieve that, so the encouragement to continue writing and recording was renewed.

TRPM:

What is the latest with your Music Ministry? What have you been working on lately?

MR J:

I'm currently working on my new music video featuring Veola Sophia from the Bahamas. It's for my new

single, "Only You God". I'm also featured on a new compilation project called the "Live This Way Riddim", produced by Message In The Music Sounds and Fanatic Records. The title of the song is "Me And Jesus", which was done in collaboration with Reuben Heights. Prior to the two mentioned songs, I also have a single on a compilation project by V Record Studios in Costa Rica, "Great Are You Jah" featuring Leonardo Evans from The Bahamas.

TRPM:

Tell us something you are a big fan of.

MR J:

The Walking Dead. Zombie movie lol.

ARTIST PROFILE

Hailing from the beautiful shores of Nassau Bahamas, Mr. J represents diversification to the fullest. From birth, nationality, culture, to spirituality. His rough edged and hard hitting voice, similar to Jamaica's Bounty Killer resonates and reverberates messages of consciousness, love and morality.

Since his arrival on the music scene back in 2003, Mr J has been determined not to be just another voice on the airwaves, but a singer who inspires people to stop and think, maybe even make adjustments in their life where necessary. Over the years Mr.J has used his songs to communicate his stance on issues like unfair taxation, the educational system, violence, women protection, sex matters and other topics relevant to our experience as human beings.

BUZZNOTES



***STERLING
ROBERTS***



TRPM:

What does a day well spent look like for Sterling Roberts?

STERLING:

Very good question! Lol!

I guess it begins with an early

4:30am morning run (which i have to pick back up on, haha!),

then back home to organize and assist my wife, Melissa for her work day.

After its a mixture of my family businesses, songwriting, teaching, personal vocal exercise & worship team sessions & functioning at church. If i can impact people in between what i do, is a win for me!

TRPM:

What do you perceive Christianity to be?

STERLING:

The term used to describe, The literal demonstration of the Lord's redeemed disciples.

TRPM:

Would you say that this year thus far has been a true test of our faith?

STERLING:

Well, if what occurred in 2020 so far was not seen as a challenge to our faith, I don't know what would be! Haha!

But to be honest, a Faith that is not tested, is a Faith that cannot be developed in strength.

TRPM:

Who is a true worshipper in your view?

STERLING:

Any one who follows the John 4:23-24 requirements; 1) They must be His Worshipers (shows Jesus is Their Lord; not another. And they

are His children).

2) They worship Him in Spirit.

3) They worship Him in Truth, (i.e. in submission to His Word & His Will).

It's amazing that Jesus said, "In Spirit ..AND.. In truth!"

It's like what Romans 8:14 says;

To be considered as His Children & His Worshipers, you must be led by both because those are the ones that He is looking for!

TRPM:

When did you realize that your Music Ministry was truly reaching people around the world?

STERLING:

Within the first week after their releases, as the calls, emails & messages came flooding my inbox and my website from The Caribbean, then as far as Australia and Cape Town, South Africa, requesting interviews, sharing testimonies of breakthroughs etc.

I further realized that, especially when my songs, "MOST HIGH!" & "AH GO GIHYUH!" literally began opening doors within even non-gospel networks, causing conviction and dialogue with my now new friends.

TRPM:

Tell me the story behind your single, "Most High".

STERLING:

May 2019:

I was in a deep sleep, when i got a dream that lasted to me about 15 seconds.

I couldn't see images in the dream, but I heard such a full, Heavenly arrangement in a Calypso / Soca genre, that it surrounded me! Then it was over & I awoke!

BUZZNOTES

So with all the strength i could muster, i rolled to the side of my bed where i have recording material for times like these, and recorded what i heard, not wanting to lose it!

June 2019:

I was in our church's study room and I felt The Lord pushing my heart to complete the song. So i sat down, opened my notebook & said, "Ok Lord, Let's do this!" Suddenly, i felt just to write what i felt what was coming out of me And I finished the entire song in 90 minutes!

Its only after the final production I realized, I was being led by The Spirit of God to deal with Luke 17:20-21 which spoke of a people who spoke with Jesus, yet didn't recognize the Kingdom of God has come to earth through Him! 'Glory To The "MOST HIGH!" is the response of His Worshippers who see He is the entrance to the everlasting Kingdom on the planet!

TRPM:

What is your favourite scripture and why?

STERLING:

For now, my heart is still on Luke 17:20-21. The revelation in recognizing who Jesus is, is to know i have access to The Kingdom advancing in might on our earth! Thy Kingdom come!

TRPM:

What do you anticipate for the next year of your Ministry?

STERLING:

As long as the Lord carries, there is a vault of material that He's got me preparing to strongly impact lives.

I literally believe that the next year or season of music ministry will be a deep, soul-searching discovery & an exposure of revelation, which demands my heart & life to pour out the raw walk automatically on the projects....and it's coming!

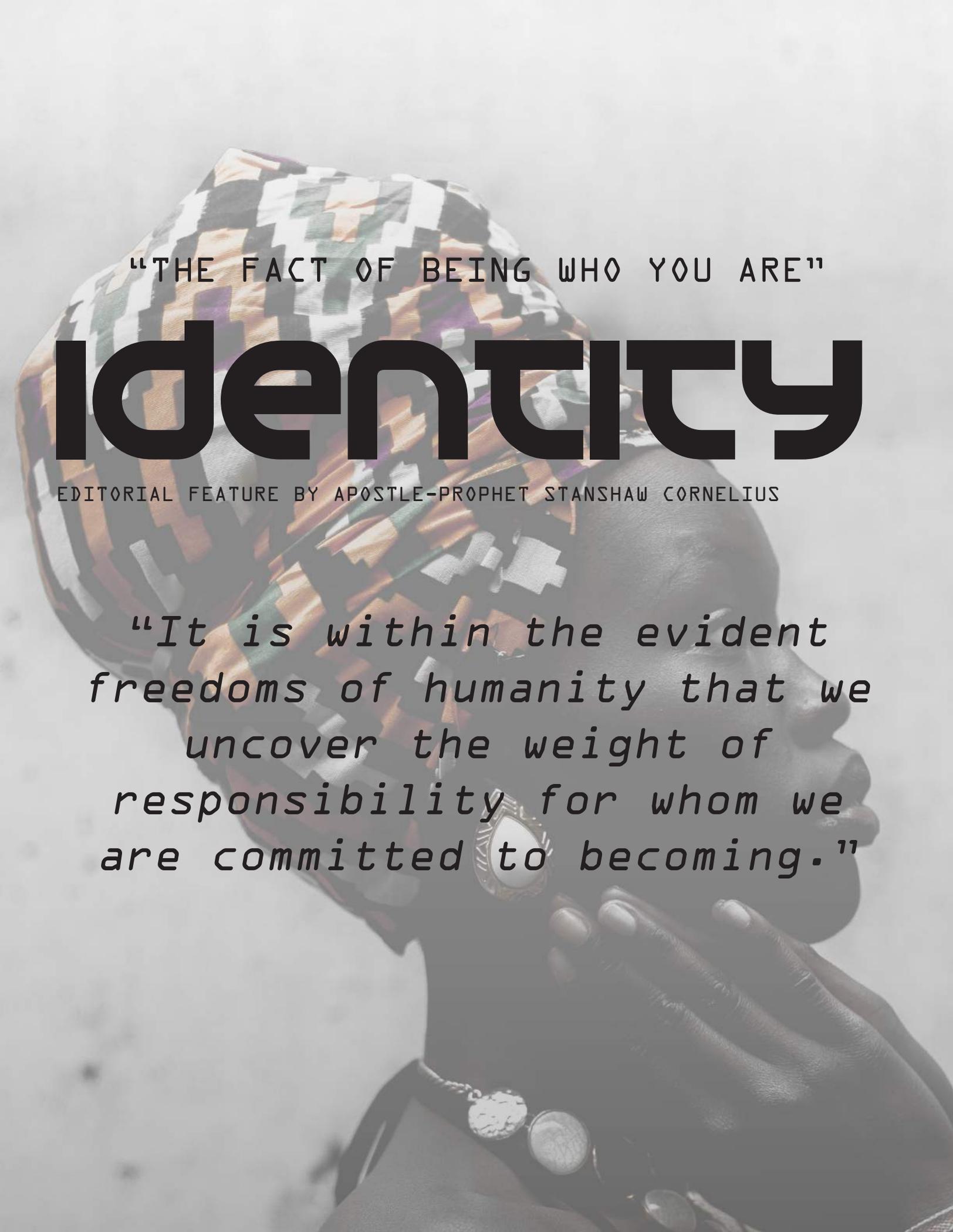


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A man with short, dark, curly hair and a beard is sitting on a grey bench. He is wearing a dark blue vest over a light blue and white checkered shirt, a red tie, and dark trousers. He is looking directly at the camera with a serious expression. The background is a textured, light blue wall. A semi-transparent purple rectangle is overlaid on the image, containing the text 'GRAPHIC DESIGN SERVICES'.

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"THE FACT OF BEING WHO YOU ARE"

Identity

EDITORIAL FEATURE BY APOSTLE-PROPHET STANSHAW CORNELIUS

"It is within the evident freedoms of humanity that we uncover the weight of responsibility for whom we are committed to becoming."

Every inhabitant of this earth identifies with something within our realm of existence, be it substantial or otherwise. It's the underpinning of what cultivates or procures jurisprudence that sets the trajectory for their lives or at least what one is willing to conform to.

The inspired word of the Most High God, denotes that the mind of man must be made new again and what is required is a commitment to the process which enables man to take on the shape or nature of God in his actions or discipline. What this then incites is desire, a desire to know the way, as this is where we will gain the facts of who we truly are from the source. In light of that, we can safely say that identity in affiliation to fact or reality, lends itself to what cannot be denied.

Society, as broad a sense as that may be, collectively places various markers or appellations upon every object of focus, as a means to locate facts about the character or identity of the object of focus. This in itself is commonplace, yet it is how, or the way we choose to define, that more often than not, generates perception. So who then is responsible for man's identity? Who actually controls or dictates the facts about who we are? Well, my fellow Readers, that I will leave at the seat of consciousness.

The book of 1 Corinthians Chapter 12 verse 11 tells us that only the spirit of a man knows the things of that man, and even more extensively, only the Spirit of God knows the things of God. From this we can extract that it is the source of existence that holds the power or abil-

ity to disclose who man really is. Now the fact remains that not all men seek after this knowledge from the source of existence but relies on that which is created existence to teach him. If we were to be honest with ourselves and look deeper within we will uncover the facts, that who we are was not formed by nature but formed by the author of the science of nature. This is why it is impossible to know ourselves authentically, apart from God's Source.

The ways, patterns or modes of conduct in our world is predicated by acceptable norms or even the unacceptable that wrestles with the forces of stability, balance, and justice. Therefore, what each individual chooses to align with, will in a ripple like effect, determine the conditioning or moral compassing of a nation. So identity is relative to the truth of not who we say we are only but more so by the way we live; what we actually decide. If we love life we will choose it. If we love righteousness we will choose it. If we love justice we will choose it. Why? Because these are guiding principles that we allow or permit to instruct us in its path so we can learn, acquire the true meaning, benefit or advantage. Identifying with a fact compels us as individuals to meet the standard, move towards the goal, accomplish what is set out beforehand.

Everyone has an identity; who they are existing in the earth as, and it's important that each individual consults with that truth, the truth that will bring forth adaptable change or consistent progress in their lives. "You can be anything you want to be", is a very common expression and it is true, yet we

must stop and consider the "anything" and "want" as these are key to unveiling what a person envisions as possible for their lives. We cannot afford to exist outside of our true purpose, and be it that "anything" is possible, such realities are better devised through just intentions, a desire to make the world better.

It is within the evident freedoms of humanity that we uncover the weight of responsibility for whom we are committed to becoming. Therefore, the mirrors of introspection captures those momentary glimpses that encapsulates a vision that connects with that fact. We could never escape who we are and that is why the word of God encourages, commands, instructs and outright demands that we come up to a far more elevated place. What is gained is an assurance that the substance is more valuable than anything in this world.

In Matthew Chapter 7 verse 7, it is decreed that if we ask it will be given, seek we shall find, knock and it shall be opened, and this is a fact. If we ask or inquire of the Source of existence for the accurate knowledge of who we are it will be disclosed, likewise if we are in pursuit of virtue it will draw towards us and if we are persistent what once appeared unattainable will be released. So know with certainty that the reach for the acceptable is truly attainable but only by those sincere in their quest. Hebrews Chapter 11 verse 6 declares that if you are void of the substance that generates the wealth or means for an advantageous life in God it is impossible for you to please him. When you search him out you must be fully persuaded by his reality and in so

doing, he will reward you openly. To seek to understand is the first step of the journey of self-discovery and the more we grasp what understanding teaches the greater the flow of substance towards us. Our faith expands and we become unstoppable.

So fellow Readers, I want you to hear clearly and for this truth to be sown, that the power lies within you to cultivate the person you ought to be and it is my earnest prayer that you align with your true self according to the image and likeness of the wisdom of God. Don't allow the world to tell you but allow the power of your belief in his righteousness to transform, mold, shape, construct the reflection of his glory in the earth. Consider this a charge to live as the purpose intended so that those who come after you will witness a legacy that inspires, draws out their greatest potential. May your identity then lie in the fact that you became exactly what divine will proclaimed.

"If we love life we will choose it. If we love righteousness we will choose it. If we love justice we will choose it."



“Everyone has an identity; who they are existing in the earth as, and it’s important that each individual consults with that truth, the truth that will bring forth adaptable change or consistent progress in their lives.”

*ETHICS FOR
PERSONAL
EFFECTIVENESS
IN THE
WORKPLACE
AND
MARKETPLACE*

PERSONAL EMPOWERMENT
BY C.W "TERRIFIC" ROBERTS
INSPIRATIONAL FACILITATOR
FOUNDING DIRECTOR-SUCCESS CONCEPTS INTERNATIONAL



Welcome to this season's empowerment session on Life- Changing Essentials For Living life and really loving it. We will examine the concept of work ethics for personal effectiveness in the workplace and marketplace .

Just what is workplace ethics? Workplace ethics are the set of values, moral principles, and standards that need to be followed by both employers or business owners and their employees in the workplace. It is the set of rules and regulations that need to be followed by all staff of the workplace.

Workplace ethics may also refer to the way employers and employees in an organization govern themselves and their overall work attitude, but it can also refer to the morality, or lack thereof, permeating or running through a workplace psychologically, emotionally and social-interactively.

It is important to note here, that the way a company operates and is perceived by both the public and competitors, often comes down to the workplace ethics according to research. A truly ethical workplace may model ethical behavior from the top down, and from the inside out. Those in top management positions are expected to lead by example and model; and companies are responsible for modeling the behavioural expectations they require from those on the outside.

Workplace ethics are therefore reflected in how organizations treat their suppliers and customers, how they interact with others, how they perform their tasks, and how they communicate both internally and externally.

Here are some work ethics or character traits for consideration by both those in authority and those they are supervising, the supervisor and supervised, for personal, professional and collaborative effectiveness in the work or business environment.

1) Appearance: Many companies have a dress code that requires adherence. At a minimum, failure to comply with proper work attire can be a distraction in the workplace. Employees and employers are professionals, and that includes how they maintain their appearance in the work environment. Appearance reflects upon the basic character and work ethic of

an individual. It wouldn't be difficult to conceive that someone who does not take the time to present a decent appearance would have the same attitude carry over into their work activities.

2) Attendance: Attendance at work, arriving and leaving on time, telling management in advance of planned absences is a demonstration of proper workplace ethics for sure. Staff attendance showed by both employers and employees can greatly affect the morale of a workplace and is often a reflection of the ethics of all concerned. Time and attendance can show a lot about worker's respect, or lack of, for the company and what it represents.

3).Attitude: Effective employers and employees demonstrate a positive attitude [evidence of a positive consistent mindset or thought pattern]. They appear confident and have true hopes and authentic sense of self.

Your attitude determines your altitude." This clause is commonly used to lift perspective and encourage productivity. Although it may come off as cliché, there is definitely merit in the well put together verbiage.

A positive attitude within a workplace will help boost worker's morale and productivity. On the contrary, a sense of negativity around an office can often suspend momentum and set up employees against one another. The better the attitude, the better the performance is a true statement. A positive attitude also fosters creativity. When employees feel empowered and are uplifted by one another, they are more likely to produce creative solutions that contribute to the growth of the company or organization.

4).Character : This trait is very closely related to Attitude and is often displayed or demonstrated loyalty, honesty, dependability, reliability, initiative, and self-control.

Character or personal traits goes hand in hand with work ethics and can easily distinguish one from one's workmates. The Six Pillars of Character designed and taught by the Josephson Institute may form the ground rules of ethics where character is concerned as a work ethic. A quick search can provide elabora-

tion on the six pillars in the character counts model which include Caring, Fairness, Respect, Trustworthiness, Responsibility and Citizenship.

Character can make a difference between achieving our professional goals and not, because employers often consider character when making decisions to hire, promote, or downsize.

5). Communication: As a work ethic, workers with strong communication work ethics Display proper verbal and non-verbal skills, and have very good listening skills.

We may say then, that, communication is simply the exchange of information from one person to another; and communication may take place either orally or in writing.

Ethical communication therefore, adds to the aspect of ethics, or an understanding of what is so-called right and wrong. So, ethical communication is exchanging information between people in a manner that is truthful and accurate.

It is important to note before leaving this segment, that communication in a business environment can take place in various situations. This may take place between employees, also known as peer-to-peer communication; between managers and their subordinates; between an employee and a customer; and finally between a business and a community.

6).Cooperation: Here, workers display leadership skills; properly handles criticism, conflicts, and stress; maintains proper relationships with peers or coworkers and effectively follow a chain of requirement.

Cooperation we may say, is one of the most widely taught skills across social environments. At an early age, we are taught, "united we stand, divided we fall." Cooperation means to work together to achieve a common goal. In the workplace, this means a healthy environment in which employers and employees work side by side to achieve both personal and organizational objectives. They must work with others, instead of against each other, for personal

and cooperative productivity.

7). Organizational Skills: When employers are hiring, or even promoting, one of the top skills they look for in candidates and potential selectees is organization. Organizational skills are some of the most important and transferable job skills an employee can acquire. They encompass a set of capabilities that help a person plan, prioritize, and achieve his or her goals, which, in turn, can save a company time and cash flow.

Organizational skills are essential for multitasking and keeping a business running smoothly and successfully.

What are organizational skills? we may ask. These are those related to creating structure and order in the work and business environments, boosting productivity, and prioritizing tasks that must be completed immediately, versus those that can be postponed, delegated to another person, or eliminated altogether.

Maintaining strong organizational skills can reduce the chance of developing poor work habits such as procrastination, clutter, miscommunication, and inefficiency.

Organizational skills encompass more than simply keeping a clutter-free desk. While maintaining a clear space to work is important, neatness is only one of several key organizational skills. Employees with excellent organizational skills are also able to keep themselves calm and prepared with systematic planning and scheduling.

8).Teamwork: Our final consideration on this list is Teamwork which is commonly thought of as working as a group or team towards a common goal. This concept is not unusual. We see it in many facets or areas of our lives from sports to family to business. Although in a business setting, accounting techniques are often used to measure the benefits of teamwork which are useful for justifying the concept.

To foster teamwork in an organization is to create a work culture that values collaboration by sharing

“Organizational skills are essential for multitasking and keeping a business running smoothly and successfully.”

ideas and working together. In an environment that encourages teamwork, people understand and believe that the thinking and planning of decisions and actions are better when done as a group rather than as individuals. People in this environment recognize the idea that many working together is greater than only one.

Persons scoring high on Teamwork as a work ethic, respects the rights of others, are considered great team players, are authentically helpful and confident; and consistently display an attitude of customer service and a willingness for continuous learning that is second to none.

In conclusion, ethics in the business and the workplace in general are the standards of conduct used to guide the moral choices made by business people everyday. Some individuals hold themselves to higher ethical standards than others. From the standpoint of a coworker, vendor or customer, ethical issues in the business and marketplace come down to being certain that one believes what the other person is saying, and confident that what the person says, he or she will do.

Additionally, businesses that gain a reputation for maintaining the highest ethical standards may achieve the status of being the gold or reputable standard in their industry, and may be even considered in the marketplace among the best places to work. That's legacy.

Let me take this opportunity to encourage us to select one of these workplace ethics, one by one, over the next eight weeks, and deliberately put it into practice for effective workplace functionality seven days at a time and enjoy the results in the process.

A man with short dark hair and a slight beard is leaning through a stone archway. He is wearing a brown leather jacket over a yellow t-shirt with the word 'SARID' printed on it, and tan pants. He is looking directly at the camera with a serious expression. The background is a lush green forest with sunlight filtering through the trees.

DISH IT OUT

WITH SARID DVN

CURRY CHICKEN & GROUND PROVISION



PREPARE THE CHICKEN:

First put chicken in a container of clean water to clean and cut chicken into small pieces. I would ensure most of the fat is taken from the chicken. Throw away that first water, then I catch fresh water to wash off chicken and I would pour a little vinegar to take away the raw sent. Sometimes I would use lime or sour orange in the place of vinegar. Then after proper cleaning of chicken I'll add seasoning such as curry powder, all purpose season, finely chopped or blended onion, scallion, thyme and garlic I would also add pieces of scotch bonnet pepper, then rub everything together so that the seasoning would soak into chicken.

COOKING THE CURRY CHICKEN:

I would then light the fire for my pot to get the curry chicken cooking. Firstly I would pour a little oil in the pot and allow it to heat. As soon as the oil is hot I would throw a little bit of curry in it along with a good size peg of garlic. Burning them in oil to prevent the curry from causing me to have running belly (diarrhea).

Then I would put the chicken into the pot ensuring that they brown a little in the hot curried oil. After that, I throw in all my prepared seasoning. A good amount of water enough to boil every thing and make a gravy. Added to it

are a few slices of Irish potatoes or small drops of dumplings. Keep stirring until cooked. When it is almost cooked I would tip a little bit of ketchup to bring out the flavour as it is simmering down.

FOOD POT:

Jamaican Yellow Yam, Dasheen and Cornmeal Dumpling:

Light fire under a large cooking pot of water salted to satisfaction until the water comes to a boil. Then I put in small pieces of peeled yellow yam and dasheen until tender. Dumplings are prepared with a choice amount of flour $\frac{3}{4}$ of cornmeal to the amount of flour chosen. Salt to taste and water to form a dough. Knead all ingredients together. When I'm finished I separate small pieces of the dough and carefully mold each piece in palm of hand with my fingers into a rounded shape, then drop into the pot of water that my ground provisions is boiling in. Stir gently about twice on separate occasions to prevent the dumplings from sticking to each other. When the dumplings float to the top its a sign that they are cooked.

TRPM:

Who first taught you how to make this dish?

SARID:

I learnt how to cook curry chicken from a friend in my early twenties while living in Kingston. Prior to that in my early teens I saw how my parents cooked Jamaican ground provisions of which I grew quite fond of the yellow yam.

TRPM:

What is your favourite beverage when you are having lunch or dinner?

SARID:

I don't have a favorite beverage when eating lunch or dinner but one of my favourite is Soursop drink.

TRPM:

Are you a knife and fork kind of guy or just a fork?

SARID:

I don't usually use a knife or fork unless I'm eating outside my home and it depends on the occasion. Really I just prefer a spoon because it takes up everything with ease.

"Honestly I don't really have a "favourite dish"... however, I will share one of my favourite dishes...Lol..Curry chicken along with Jamaican ground provision..."

ARTIST PROFILE:

SARID DVN, BIOLOGICAL NAME DONOVAN JUNIOR GRANT, WAS BORN IN ELDERSLIE ST. ELIZABETH JAMAICA. HE GREW UP WITH BOTH PARENTS IN MILLERSWOOD DISTRICT ST. JAMES.

AT THE AGE OF EIGHTEEN HE MOVED TO KINGSTON TO PURSUE HIS SINGING CAREER IN SECULAR DANCEHALL MUSIC. IN HIS EARLY TWENTIES HE ENCOUNTERED A NEAR DEATH EXPERIENCE THAT HEALING COULD ONLY COME BY DIVINE INTERVENTION; WHICH CAUSED HIM TO TURN OVER HIS LIFE TO JESUS CHRIST.

IN THE YEAR 2020 HE WON AN ANTIGUA AND BARBUDA MUSIC AND MEDIA AWARD (ABGMA) IN HIS CATEGORY FOR BEST MUSIC VIDEO, FOR THE SONG "FEAR GOD".



TRPM:
How would you define your personal style?

GOLDMAN:
I am a casual person. I love simple things with earth colors.

TRPM: Are you into fashion..and try to keep up with the trends or you keep it traditional?

GOLDMAN:
Yes, both. I love fashion, but I always have a twist to it with men accessories.

TRPM:
Your outfit is not complete without....?

GOLDMAN:
My shoe and my watch.

TRPM:
What are some of the typical everyday Ghanaian styles for men?

GOLDMAN:
Oh wow it depends on the occasion, but a lot of people wear men shirt made out of African Print or

normal European shirts.

TRPM:
Tell us about someone from your childhood that you admired how they dressed and inspired you.

GOLDMAN:
I think my mom..She is a fashionista, she inspired me a lot. I admire how she was always on point when it came to her outfit.

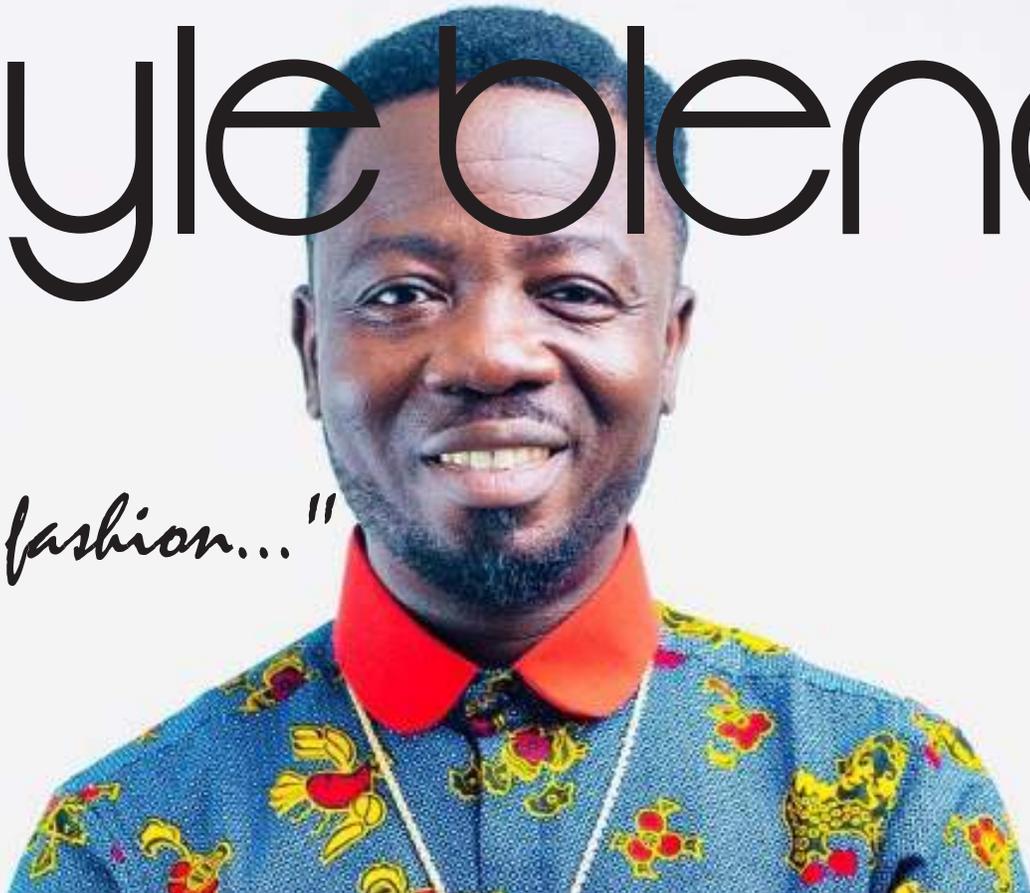
ARTIST PROFILE

Rev. Daniel Agyin popularly known as Goldmann tells passionate stories that take your mind through a journey of profound self-analysis, matched with melodious afro-pop beats that keep the listener coming back for more".

The international award-winning Ghana-based singer-songwriter has been making waves with his delicate blend of heartfelt melodies, meaningful lyrics, and harmonies that keep you hooked.

style blend

"I love fashion..."



coldman

*Muti-Award Winning
Gospel Recording Artist*

