Office Romance—Yes or No

Young professionals often spend more time at the office than at home. As a result, there are a lot of single men and women who don't have the time to meet new people. Naturally, they seek their potential partners within their surrounding environment – the office.

Single people feel that work is a natural place to meet new people. After all, you spend at least 40 hours a week there, with individuals of similar backgrounds and interests. Relationships with coworkers can be especially tempting because hard work doesn't leave much time for socializing.

Before beginning a relationship, consider its potential outcomes. If things don't work out, will your work life become awkward? Prepare yourself for the unwanted situations that might follow.

In order to be prepared, evaluate who's date-worthy, their position and the consequences of a breakup:

**Dating colleagues:** Rivalry and competition may harm the relationship. Uncomfortable situations may arise after the breakup when career advancement issues come into play.

**Dating subordinates:** False accusations of favoritism may arise, as well as accusations of sexual harassment after the breakup.

**Dating bosses:** False accusations of favoritism may arise. You may get fired after the breakup.

Office romances can be fun, and successful – a growing number of newlyweds are coworkers. They should take the proper steps, however, to ensure that the relationship will last without interfering in the workplace.

Read more: [http://www.askmen.com/dating/curtsmith/getiton10b.html#ixzz1hvEflD4](http://www.askmen.com/dating/curtsmith/getiton10b.html#ixzz1hvEflD4)
Creative Human Resource Solutions

The Barbados Employers’ Confederation hosted its first training seminar for 2012, under the theme “Creative Human Resource Solutions for Economic Issues”, as it was found that there was a great need for a workshop to address the growing need for greater Human Resource ingenuity. The current economic climate has predisposed many organizations to problematic situations that would need more than the average solution as a long term resolution. Dr. Hensley Sobers, the facilitator of the workshop, provoked some Human Resource Managers to think outside the non-existent box to find proactive solutions for their problems.

However, to find a solution you must first understand the full extent of the problems at hand. Dr. Sobers encouraged each individual present in the group, to make a list of their most pressing issues. There was a resounding reoccurrence of many issues, namely; declining revenue; increased cost – especially utilities; increased competitiveness and lower productivity. Dr. Sobers noted that a “CRISIS IS EQUAL TO THE RISK PLUS THE OPPORTUNITY”, which means with every crisis there needs to be a level of risk taken in pursuing opportunities.

Time was devoted to brainstorming and finding creative ways of solving the problems. Dr. Sobers asked individuals to bear in mind that at times motivation, whether internal or external, needs to be influenced in order to spark a desire. He noted that individuals are driven by WIIFM – “what is in it for me”, hence solutions must include a motivational element.

One creative solution given to help decrease the cost of electricity was to make it an inter-departmental/location competition, where individuals would be rewarded based on which department/location is able to save the most electricity at the end of the month. Using a quote from Albert Einstein, Dr. Sobers reminded the persons present that ‘problems today cannot be solved using the same level of thought as yesterday’. Creativity is the key to successful businesses; successful businesses need lasting solutions; and solutions must be creatively instituted. Dr. Sobers stated that businesses must decide if you are ‘live in recessionary times or if you are going to use recessionary times to live’ as this would chart the path for the type of solution chosen – optimism is vital for creative thinkers.

“Remember Creativity begins with asking questions...Innovation happens when you find answers”.

Facilitator Dr. Hensley Sobers, speaking to the participants who attended the “Creative HR Solutions” Workshop.

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Week of Excellence 2012

The Barbados Employers’ Confederation in collaboration with The Productivity Council, Barbados Chamber of Commerce and Industry, Central Bank of Barbados, Office of Public Sector Reform, Congress of Trade Unions & Staff Associations of Barbados and National Initiative for Service Excellence held the annual Week of Excellence activities under the theme “Caring Corporations for Community Development: Working Together to Build a Better Society”.

The week commenced on Sunday, February 19, with a Church Service at the Bethel Methodist Church and culminated in Bridgetown on Saturday, 25 in a Street Walk, which pushed the theme “Taking Service Excellence to the Streets”.

Each day’s activities targeted a different level within the structure of the organization. On day 1 the focus was geared towards the Managerial Level and looked at Corporations as citizens within the Community where they are located and how they can use this as a positive influence. In addition special focus was placed on the need for corporate social responsibility to start from within. This in turn creates a culture that encourages the employees to give back freely to their community.

Days 2 and 3 were structured for the Supervisory and Line Staff Levels, where the focus was on the human element of the organization, as it related to areas of motivation, nutrition and the factors that affect worker productivity. Days 4 and 5 took the form of an outreach program, with the main concentration on the schools and the surrounding community. This year’s school of choice was the Seventh Days Adventist Secondary School, where the focus was on the theme of “The Guiding Principles of Good Service”.

The BEC would like to take this opportunity to thank all its members who took the time out to attend or send participants to the various activities during this year’s ‘Week of Excellence’.

BAOP Conference 2012

The Barbados Association of Office Professionals held their 15th annual Conference on Thursday, February 23 and Friday, February 24, at the Lloyd Erskine Sandiford Conference Centre. The theme for this year’s conference was “Keeping the Flame Alive...Navigating the Seas of Change”.

Mr. Tony Walcott, Executive Director of the BEC gave the Keynote Address, which was centered around the theme. He first got the participants thinking by asking the question “What is this flame that needs to be kept alive?” and gave a short scenario of his childhood days. He answered the question by indicating that ‘the organization was the flame that must be kept burning, and that visible evidence that the business is on fire (not burning to the ground) and challenged participants to think of the flame as high productivity and service excellence.

Mr. Walcott encouraged the participants to look at the components which cause a fire to ignite, these being heat/ignition source, fuel, oxygen and the chemical reaction. He then matched these components to those in the organization to reflect how to keep the business burning, the matches were as follows:

◊ your fuel – motivation,
◊ your ignition source – goals,
◊ your oxygen – positive actions, and
◊ your chemical reaction – your passion

The other topics which were presented during the two (2) day conference were: “Alternative Dispute Resolution”, “Occupational Safety and Health”, “Preparing for Retirement” and “Survival of the Professional Woman in the 21st Century” this final topic took the form of a Panel Discussion.
Up Coming Training

Stepping into Supervision and Management

Date: Wednesday, March 21—Friday 23, 2012

Time: 8.30 am—4.30 pm

Cost: $700 (members) & $900 (non-members)

Location: Amaryllis Beach Resort

For any further information and to register, please contact the BEC Secretariat at 435-4753/271-5257 or becon@barbadosemployers.com.
Born on the 15th of November, 1916, Nita Barrow was an ambitious woman born to a family of political activists.

Her father, an Anglican priest, was removed from his posting on the island of St. Croix for his controversial sermons preaching against racism and social stratification.

Her uncle, Dr. Charles Duncan O'Neal, was founder of the Democratic League of Barbados and one of the island's 10 National Heroes. While her younger brother, Errol Barrow fought for independence of the nation and became Prime Minister of Barbados (1966-1976 and 1986-1987).

An activist and leading humanitarian herself, Nita paralleled her family's achievements. She studied nursing in Barbados, continuing her studies at the University of Toronto, Edinburgh and Columbia Universities. She began her career as a trained nurse, midwife, and health care administer, holding a number of positions in Barbados and Jamaica.

Appointed to a number of international bodies, Nita Barrow held the following positions during her long and illustrious career:

- Public health advisor to the World Health Organization & the Pan-American Health Organization
- President of the World YWCA (1975-83)
- President of the International Council of Adult Education (1982-90)
- President of the World Council of Churches (1983)
- Ambassador to the United Nations (1986-90)

Nita Barrow was knighted by Queen Elizabeth II in 1980 as Dame of St. Andrew and Dame Grand Cross of the Most Distinguished Order of St. Michael and St. George. Thereafter, she became known as Dame Ruth Nita Barrow.

Like Errol, Nita Barrow was known for her outspoken nature and commitment to development. A founder and member of the Global Fund for Women's Board of Directors, Dame Nita was especially concerned with women's rights vis-à-vis health care.

In 1985, Dame Nita presided at the International Women's Conference in Nairobi, Kenya. The next year, Barrow was appointed as Barbadian's Ambassador to the United Nations (UN), a post which she held until 1990. Nita Barrow was the only woman named to the Eminent Persons Group. The group was responsible for investigating racism in South Africa.

In 1988, Dame Nita ran against then Foreign Minister of Argentina, Dante Caputo for the position of President of the UN General Assembly. One of the most contested and heated campaigns in the history of the United Nations, Dame Nita lost the election.

Dame Ruth Nita Barrow was awarded the honour of being appointed the first female Governor General of Barbados on June 6th, 1990. Barrow served as Head of State until December 19th, 1995, when she died of a stroke. She was 79 years old.

http://www.caribbeanelections.com/knowledge/biography/bios/barrow_nita.asp
The Bajan Rum Punch (also known as Barbadian Rum Punch) is one of the oldest rum punch recipes and continues to be a classic today even as the newer recipes start to gain in popularity. The traditional way to make this punch involves creating it in small quantities rather than punch bowl size and serving it with a straw.

**Ingredients**

To make the Bajan Rum Punch, you will need:

- 4 cups water
- 3 cups Mount Gay Rum
- 2 cups sugar syrup (simple syrup)
- 1 cup lime juice
- Ice
- Angostura Bitters
- Grated nutmeg

The water, rum, sugar syrup, lime juice and just a few dashes of the angostura bitters should all be placed into some type of jug or pitcher and blended together. Once complete, they should be served in a glass with a lot of ice and the nutmeg sprinkled on the top. Serve with a straw.
The Boss of a small company was complaining during a staff meeting that people didn’t respect him enough. Trying to change the attitude in the office he came in the next day with a sign for his door it said, “I am the boss”.

One of the employees apparently not appreciating the change posted a post-a-note on the sign it said “your wife wants her sign back”.

Are You In Love??

The Joke’s On You