



The Consumer Voice

A PUBLICATION OF THE CONSUMER WELFARE UNIT OF THE MINISTRY OF LABOUR & NATIONAL INSURANCE

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HOW SAFE IS YOUR WELL WATER?

AN EXPERT LOOKS AT THE
SAFETY OF PRIVATE WELLS

CHOOSING THE RIGHT
PATH FOR INVESTMENT

ESSAY CONTEST WINNER
WRITES ON LEARNING TO SAVE

WATER AND SEWERAGE CORPORATION

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HOW SAFE IS YOUR WELL WATER?

Do you know:-

- Most chlorine treatment systems that are sold for home use don't work continuously to disinfect water.
- Because chlorine is added at intervals and chlorine levels can be high after the chlorine is added, then drop below effective levels at other times continuous monitoring is required.
- Many contaminants are odorless and tasteless. Some chemical contaminants are present in such tiny amounts that only very expensive and sophisticated equipment can detect them.
- An effective chlorine treatment will kill germs, but it can't get rid of chemical pollution. Removing chemical contaminants can be time consuming, expensive and sometimes impossible. The best solution is to get water from a non-polluted source.

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How safe is your well water?

IN light of recent events very much in the public domain, events with a direct bearing on well water quality and public health, the **Consumer Voice** contacted both the Department of Environmental Health Services, and the Water & Sewerage Corporation of The Bahamas, and asked both entities to speak to the question of “How Safe is Your Well Water?” on behalf of the Bahamian consumer.

We share the following with our readers.

The Government of The Bahamas regulates water for potable use. In doing so, it refers to guidelines promulgated by the World Health Organization (WHO). The government, through the Department of Environmental Health Services (DEHS) and the Water and Sewerage Corporation, monitors water intended for potable use.

Studies over the years have indicated, and confirmed that groundwater, particularly in areas where there is high concentration of residences or commercial premises, is increasingly at risk of contamination from various activities carried out by humans. These include contamination from septic tank effluents, landscaping and agricultural fertilizers and pesticides, activity of roadside mechanics, leakages from underground fuel tanks and transmission lines, among others.

The focus of the government therefore, is not to promulgate regulations for the quality of groundwater, which would be unenforceable, but rather to ensure the safety of water that is intended for human consumption. This would include water supplied by the Water and Sewerage Corporation, the Grand Bahama Utilities, and producers of bottled water.

What DEHS can do however, under authority of the Environmental Health Services Act Ch 232, is “investigate problems and institute preventive and remedial measures in respect of environmental pollution, the management and disposal of solid, liquid and gaseous wastes, food and drinks management, nuisances, rodents, insect pests and general sanitation”; in so doing, DEHS will regulate those activities that can contribute to pollution of groundwater. The government can influence the activities of individual contributors to pollution, even though it would be impossible to regulate the quality of groundwater that can be contaminated by a variety of sources.

The Department of Environmental Health Services continues to recommend that consumers refrain from using groundwater as a source of potable water, but rather use water that is consistently treated and monitored to ensure satisfactory quality.

The Water and Sewerage Corporation (WSC) advises that it has no statutory role in the use of private wells, however the Water and Sewerage Corporation Act lists in its functions control of the use of the water resources of the Commonwealth, co-ordination of activities that influence the quality, quantity, and distribution of water, and the application of appropriate standards for the use and management of water.

Private well use is a traditional right that predates network water systems, and is only controlled in certain private developments like the Port Authority Area in Grand Bahama.

The legislation that covers the use of private wells includes the Health Rules (Section 29), and the Building Code in

Section 3616.1, 3617.13, and Appendix B, specifically Drawing No. 10.

Technically, The Bahamas does not have any true standards for private wells as those used for hundreds of years, some of which are still in use, have varied from site to site depending upon a number of variables, like depth to water table, rock hardness, and available drilling or digging technology. The only standards given are those in the Rules and Codes mentioned above. The need for maintenance and water quality testing are also stipulated in these same Rules and Codes. Permits for private wells are provided by the Minister of Health, who is also responsible for having well water tested and setting treatment requirements (see Building Code).

With regard to water quality testing, the primary agency responsible for this would be the Public Analyst Laboratory. The Water and Sewerage Corporation's Water Quality Unit (WQU) routinely tests the public water supply system. WQU will test private water quality but needs to charge for this service as proper collection of the samples is critical to ensure it is done properly.

In developed urban areas, and where there is industry or agriculture, the WSC does not consider the groundwater to be potable. Though treatment can resolve organic threats to health, it does not necessarily deal with chemical threats. Threats will differ based on location and surrounding activities.

The WSC does acknowledge its responsibility from a technical perspective regarding the use of private wells and has frequently issued guidelines, and technical advice on the use of private wells.

HOW WELL IS YOUR WELL?

WHY ISSUE THIS GUIDE?

Safe drinking water is essential to good health. All private water supplies can pose a threat to health unless they are properly protected and treated. It is estimated that there are in excess of 30,000 private wells used as water supply for households in the Bahamas.

If a well was not constructed properly or is not taken care of, it can let fertilisers, bacteria*, pesticides or other hazardous materials into the water supply. Once they get into groundwater, pollutants can flow from your property to a neighbour's well, or from a neighbour's property to yours.

Contaminants often have no odor or

colour, so they are hard to detect. They can endanger the health of your family and community and it's difficult and expensive to remove them. Once your water is contaminated, the only options may be to treat it before use, drill a new well or get your water from another source, so preventing problems before they start is the best thing to do.

As the owner of a private well, it is your responsibility to see that your water supply is free of harmful contaminants. You cannot automatically assume that your well is safe.

The purpose of this guide is to alert the owners and users of private water supplies to the risks of contamination of

your water. You have private water if your water is not supplied by a public water utility company, such as The Water and Sewerage Corporation, or Grand Bahama Utility Company etc. This hand-out provides some guidelines and gives details of the risks and what you can do to protect your supply and reduce the risk of contamination.

In this guide, ‘bacteria’ is used generally and also includes protozoa, parasites and viruses.

WHAT SHOULD YOU DO?

PART 1 - WELL LOCATION

• Locate your well. The first things to check out about your well are:

1. How close it is to sources of pollution and
2. Whether groundwater flows toward or away from it.

Whether groundwater in your area is just below the ground surface or a hundred feet down, the location of your well is very important.

CONTINUED ON PAGE 4



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requirements.



HOW WELL IS YOUR WELL?

from page one

Installing a well in a safe place takes thoughtful planning. If you are constructing a well, put it where flood or stormwater runoff drains away from it. If a well is downhill from a leaking fuel storage tank, septic system or over-fertilised farm, it is more likely to become contaminated. In places where the water table is near the surface, groundwater often flows in the same direction as flood or surface water, but that is not always true. The water underground might flow in a different direction than the water on the surface.

- Separate your well from things that might pollute it. In the Bahamas, there are no health rules that require new wells to be located a minimum distance from sources that might cause pollution. Since no distance is specified by Bahamian law, provide as much separation as possible between your well and any potential pollution source (such as a septic tank, fertilised field, laudromat or fuel storage tank) — at least 100 feet. Separating your well from a pollution source may reduce the chance of contamination, but it does not guarantee that the well will be safe.

- What's Underground? The risk of pollution is higher when the water table is near the ground surface because contaminants don't have far to go. Groundwater is more likely to be polluted if soils are shallow, or if they are sandy or gravelly, or if the bedrock below has cracks (limestone) that allow water to seep down quickly. Check with drilling companies, hydrogeologists, geologists, neighbors, local farmers, and others to learn more about what's under your property.



A LAB technician at work analysing water quality.

MAINTAINING YOUR WELL

Old or leaky wells may contaminate groundwater by allowing rain or floodwater to get to the water table without being filtered through soil. If a well is in a depression or pit, or if it isn't well sealed and capped, surface water (runoff) carrying nitrates, bacteria, pesticides, organics and other pollutants can contaminate it.

Maintaining your well means keeping the well area clean and easy to get at, and keeping pollutants as far away as possible. It is also important to have a qualified well driller or hydrogeologist check the well every 10-15 years or whenever you think there might be a problem.

- How old is your well? The age of your well is helpful in predicting whether or not it might be contaminated. Wells built more than 50 years ago are likely to be shallow and poorly made. Older well pumps are more likely to leak lubricating oils, which can get into the water. They are also likely to have thinner casings that may be cracked or corroded. Even wells with modern casings that are 30-40 years old may have corrosion and leaks.

If you have an older well, you may want to have

it inspected by a qualified well driller. If you don't know how old your well is, assume it needs an inspection.

- What kind of well do you have? A dug well is usually more than two feet wide and often dug by hand. Dug wells are usually shallow and poorly protected from surface/flood water runoff, which may cause contamination.

Most other types of wells are drilled wells which, for residential use, are usually 4 to 8 inches in diameter.

- Well casings and well caps. Well drillers install a steel or plastic (PVC) pipe "casing" to prevent the well hole from collapsing. Space between the casing and the sides of the hole is a direct channel for surface water and pollutants to reach the water table. To seal off that channel, drillers fill the space with grout (cement or a type of clay called bentonite).

Look at your well casing for holes or cracks. First, look at the part that extends up out of the ground. Then remove the cap and look down inside the casing using a flashlight. If you can move the casing around by pushing it, your well casing may not be doing a good job of keeping out contaminants.



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**PART 2 -
CONSTRUCTING /**

Sometimes in damaged casings you can hear water running down into the well when the pump isn't running. If you hear water, there might be a crack in the casing, or the casing may not reach the water table. Either situation is risky.

The depth of casing required for your well depends on the depth to groundwater and the type of soil and bedrock below. In sand and gravel soils, well casings should extend to a depth of at least 12 feet and should reach the water table. For wells in bedrock, the casing should extend into at least 10 feet of bedrock. A minimum of 12 feet of casing should be used for all wells.

The casing should extend at least 12 inches above the ground's surface. If you live in an area that floods frequently, the casing should extend 1 to 2 feet above the highest flood level. The ground around the casing should slope away from the well head in all directions to prevent water from pooling around it.

The well cap should be firmly attached to the casing, with a vent that allows only air to enter. If your well has a vent, be sure that it faces the ground, is tightly connected to the well cap or seal, and is screened to keep insects out. Wiring for the pump should be secured in an electric conduit pipe.

- Is your well shallow or deep? As rain and surface water soak into the soil, they may carry pollutants down to the water table. In some places, the process happens quickly: in weeks, days, or even hours. Shallow wells are most likely to become contaminated.

- Preventing backflow. Dirty water can flow back into your water supply if your system has a sudden pressure loss. This can happen if the well fails or, on a public water system, if there is a line break. The simplest way to prevent backflow is to install a check valve on the water supply line. Inexpensive check valves can be purchased at a plumbing supplier or hardware store.

- How long since your well was inspected? Well equipment doesn't last forever. Every ten to 15 years you should have your well inspected by a qualified well driller or hydrogeologist. Keep all the papers and receipts that have dates and details about your well and pump and their maintenance. It is important to keep good records so you and future owners can take care of

your well and your family will have a safe water supply.

PART 3 - WATER TESTING

Water testing helps you keep track of water quality and find possible risks to your health.

Contaminants enter drinking water from many sources, and many can only be detected through a water test.

- When was your water last tested? Your water should be tested often (perhaps twice annually) for the four most common indicators of trouble: bacteria, nitrates, pH, and total dissolved solids (TDS). If you haven't had a full-spectrum, comprehensive water test, you should.

A more complete water analysis for a private well will tell you about its hardness and tendency to corrode as well as iron, sodium, phosphate, sulfate, and chloride content. You may also want to get a broadscan test of your water for other contaminants like pesticides. If you live in an area where farming/agricultural products are used.

A good source of information on well water quality may be your neighbors. Ask the Public Analyst Lab. Ask them what their tests have shown.

- What bad stuff should you look for?

Test for the kinds of contaminants that are likely to be found at your location. For example, if you have lead pipes, soldered copper joints or brass parts in the pump, test for the presence of lead. If oil, liquid fuels like gasoline and diesel, or solvents have been used or spilled nearby, test for volatile organic chemicals (VOCs). If the lab staff is unable to collect the sample, always follow lab instructions to be sure your sample is taken in accordance with their specific testing procedures.

- Pesticide tests may be worthwhile if your well has high nitrate levels (more than 10 milligrams per liter (mg/l) of nitrate-nitrogen or 50 mg/l of nitrate). You should also test for pesticides if a spill has occurred near the well. Pesticides are more likely to be a problem if your well has construction problems or if it's in highly permeable cavernous limestone or sandy soil downhill from irrigated lands where pesticides are used, such as farms, golf courses, plant nurseries etc.

- If you are using your well water for drinking and potable usage, it is advisable to test your water more than once a year if:

1. someone in your household is pregnant or nursing;

2. there are unexplained illnesses in the family;

3. your neighbors find a dangerous contaminant in their water;

4. you note a change in water taste, odor, color, or clarity; or

5. you have a spill or back-siphonage of chemicals or fuels into or near your well.

Water can be tested by both public and private laboratories.

Once it has been tested, keep a record of the results with your records on well construction and maintenance. This will help you to notice any changes in water quality over time.

PART 4 - WELL DISINFECTION

How can I disinfect my water system?

Please read all eight steps below before beginning disinfection. Note that this provides only short-term disinfection. Continuous disinfection is required for water that is used for drinking and other potable usage.

You will need the following equipment:

1. Several gallons of household laundry bleach, avoid scented products

2. A plastic mixing container - we recommend a new 25-gallon garbage can

3. Garden hose attached to the system to be disinfected

Step 1: How much chlorine?

In order to remedy a well contaminated with bacteria, disinfection is required. Chlorine is the most common disinfectant. How much chlorine solution you will need depends on the size and depth of your well. The following chart will help.

Chlorine dosage required for preparation of chlorine solution

Casing Diameter	Minimum amount of chlorine solution to displace volume of water in the well
2"	Prepare 2 gallons chlorine solution for every 10 feet of well depth
4"	Prepare 7 gallons chlorine solution for every 10 feet of well depth

How well is your well?



water system to insure total disinfection. To do this, rinse down the sides of the well casing with a garden hose for 5-10 minutes. Make sure the garden hose is connected to the system being chlorinated!

Step 5: Disinfect your plumbing system

Turn off the heating element in your water heater to save energy during this next step. After the heating element is off, go to each water tap connected to your plumbing system and run the water until you begin to detect a bleach smell. At that point turn the water off and go to the next tap.

Step 6: Wait

Disinfection is not a quick process! Let the chlorine solution remain in the system for at least 24 hours.

Step 7: Remove the chlorine

Remember, chlorine can kill grass and fish so be sure not to dump the spent chlorine solution where it will cause harm. Also, do not dump the solution into your private septic system and check with your wastewater treatment plant providers before dumping into any public sewer system.

Attach a garden hose to your system and run the water to an area where the chlorine will do no damage. Pump until you can no longer detect the chlorine smell. If necessary, follow this procedure for your plumbing system by running each of the cold water taps.

Step 8: Resample

Wait until all traces of chlorine have been flushed from the system, usually 24 hours; then, resample the well.

- For further information, contact: Water Quality Department, Prospect Park, Water & Sewerage Corporation, (242) 325-8783; 326-5048.

- 6" Prepare 15 gallons chlorine solution for every 10 feet of well depth
- 8" Prepare 26 gallons chlorine solution for every 10 feet of well depth.

Step 2: Prepare the chlorine solution

You will need a sanitary container to mix the water and chlorine. Mixing can be done in a new plastic 5 gallon bucket or a new plastic garbage can. Note: Never use (even new) garbage cans to store drinking water.

To prepare the chlorine solution, mix 1 part of the household laundry bleach with 100 parts of water. For example: mix 1 gallon bleach with 100 gallons water. Prepare enough solution to meet or exceed the total volume of the well.

Step 3: Put the solution down the well

Before proceeding, make sure the power is disconnected from the well. Then, carefully remove the cap from the well and pour the entire bleach and water mixture into the well. Take caution not to spill any of the chlorine mixture outside the casing.

Step 4: Rinse down the casing

You want to circulate the chlorine solution throughout the



Before you invest

Be sure to understand any investment you are considering.

Seek professional advice if you are inexperienced with investing or in doubt about the right investments for you.

Always check that the investment and the person selling it is registered with the Securities Commission.

These would help you to be an informed investor, which is the best way to safeguard your investments.



WHY SHOULD I DRINK SO MUCH WATER?

WELL, why not? Did you know that water is essential for life? Water covers 75% of the earth's surface and it makes up 78% (more than 2/3) of your body. All your cells and organs need water to function. Water provides a moist environment for ear, nose and throat tissues, carries nutrients you digest to your cells and removes toxins and wastes from your body. It lubricates your cells and helps to make up the fluid that lubricates your joints eg knee joint. It helps to regulate your body temperature through sweating. And it helps to prevent and ease constipation by helping digested food to move through your intestines.

If you want to stay healthy, you must maintain your water balance, which means the amount of water you lose on a daily basis you should replace. We lose water from the body in sweat, urine, feces and each time we breathe. Other than pure drinking water itself, you can also get water from liquid food such as soups, stews, soups and drinks such as milk, teas, coffee, and juices. Some may say alcohol, but alcohol is not a good source of water because it causes the body to release water.

If you do not drink enough water, you can get dehydrated and your body may not be able to carry out its normal functions. For example, you can have mild to moderate dehydration if you experience fluid loss between 1-5% of your body weight. This amount of fluid loss will affect your heat regulation system (thermoregulation). At this level, thirst occurs and you can feel drained and tired. Counteract mild dehydration by increasing your fluid intake but if this is not helping please go to your nearest health facility to get medical attention.

So how much water should you drink? The table below provides the recommended amount or volumes of water to consume each day.

As we approach the hot summer months, I want you to pay attention to the physically active section that tells you how much water to consume.

Volume (litres/day) of water required to support hydration under specific conditions

Female adults: 2.2L in average, relaxing, cool conditions; 4.5L in physically active conditions, exercising or manual labour in hot temperatures; 4.8L during pregnancy; 5.5 during lactation.

Male adults: 2.9L in average conditions; 4.5L in physically active conditions.

Children (5-10 kg): 1.0L in average conditions; 4.5L in physically active conditions. Converting litres to ounces (1 litre=34 ounces), ounces to cup (8 ounces =1cup)

Using the conversion notes below the table therefore, for children under average conditions, it is recommended they drink about 34 ounces or more than four cups of water a day but when they are physically active (34 ounces x4.5L)153 ounces or almost (153 ounces/8 ounces) 20 cups of water a day .

You have also heard "Drink eight 8-ounce glasses of water a day". This is 64 ounces or 8 cups of water per day according to this rule. According to our table from the World Health Organization (WHO), for female adults under average conditions, 2.2 litres (74.8 ounces) of water is recommended per day.

How can I meet these requirements, Doc?

Well I believe you can do this in two ways. First, decide to make every effort to drink water throughout the day. Yes, you can! Second, put it into practice. Eat three meals a day and have a healthy snack in between your meals. Include fruits and vegetables. Drink water each time you have a meal and snack and enjoy a healthy beverage of your choice with your main meals. Remember there is water in your fruits, vegetables and the food you eat. So fulfill the sixth key recommendation in the Commonwealth of The Bahamas, food-based dietary guidelines provided by the National Nutrition Unit of the Ministry of Health. Join me, say "I like water" and "Drink plenty of water everyday".

By Dr Calae D Philippe, Medical Senior House Officer, Ministry of Health, Department of Public Health, and Carmelta Barnes, Nutritionist, Ministry of Health.

Write to us

WE would love to hear from you, our valued readers. Are there any issues you have as a consumer, that you would like to see addressed in a future edition of The Consumer Voice?

Would you like clarification, or additional information on any of our previous articles? Please feel free to write us. Address queries or letters to: lavadarling@bahamas.gov.bs.



WHERE TO TURN FOR INVESTMENT HELP?

WANT to invest, but not sure how? An investment professional may be able to help you. This article will provide you with basic information and tips to help you with your search.

Where to find investment help

Investment service providers such as investment advisors, brokers and financial planners can help you choose investments.

Investment Advisors provide advice about securities (such as stocks, bonds and mutual funds). Some also provide ongoing management of investments based on clients' objectives. Investment advisors would be registered as advising representatives by the Securities Commission of The Bahamas (the Commission).

Brokers execute the purchase or sale of securities (called trading) on behalf of its customers (as broker), for its own account (as dealer) or both. Brokers can also provide you with research and, in some instances, are registered to provide investment advice and recommendations. Individual salespeople employed by broker-dealers are referred to as registered representatives. Brokers are regulated by the Commission and must register with the Bahamas International Securities Exchange (BISX).

Financial Planners develop and may also implement financial plans for customers in line with their investment goals. The financial plan covers such topics as insurance needs and estate planning, as well as more investment-oriented areas, such as retirement and college planning.

Financial planners who hold the Certified Financial Planning (CFP) designation are governed by the Certified Financial Planner Board of Standards. Financial planners who provide investment advice would be regulated by the Commission.

Choosing the right service

What services are you looking for? In-

vestment service providers offer a range of services which include:

1. Assistance with buying stocks, bonds, mutual funds and other investment products;
2. Ongoing management of your investments;
3. Retirement planning; and
4. Estate planning.

Identifying what services you want will help you decide which investment service provider is right for you. Some providers offer all these services, while others may specialise in just one or two.

How paying for investment services works

When you are choosing an investment professional, it is important to understand how they are compensated for their services. Investment professionals may be paid by:

1. Commission: Some providers, such as brokers, receive their compensation from commissions you pay each time they buy or sell a security. This may be the most affordable option if you do not expect to trade very often, however it may expose you to potential conflicts of interest by creating an incentive for some providers to recommend frequent trades or particular investment products.
2. A percentage of assets under management: Some providers, such as investment advisors, charge a fee based on a percentage of the assets in the client's account. The client agrees to the amount of this fee upfront, and it is frequently assessed on a sliding scale—a scale where the percentage fee varies depending on the amount of money the client has under management.
3. Fees: Some providers, such as financial planners, charge fees for their services which clients pay directly to the



provider. Typical compensation methods include hourly fees, a flat fee, or a retainer fee for a particular service or range of services, and they can differ greatly from provider to provider.

You should ask the provider to explain his or her fees and to put that information in writing. Understanding fee arrangements is critical in evaluating a professional's ability to make unbiased investment recommendations.

Ask whether the investment professional will receive any additional compensation for selling you a particular product, service or type of account as some companies offer incentives for selling certain products.

Remember, it is your responsibility to determine which method of compensation is best suited for your needs.

When to consult the Commission

Before you invest, check with the Commission, the regulator which enforces the law that determines how investments are offered and sold to you, to verify the following:

1. Is the investment registered?
2. Have the persons involved with the investment been in trouble with the Commission or other investors in the past?
3. Is the investment professional selling me this investment licensed in The Bahamas?

You can verify the answers to these questions by contacting the Commission

at info@scb.gov.bs or 397-4100. Registered firms, individuals and mutual funds can be found on the Commission's website at www.scb.gov.bs/reg_entities.html.

You can also alert the Commission to any unscrupulous or illegal behavior and activities by investment professionals. Complaints can be lodged with the Commission in writing at P.O. Box N-8347, Nassau, Bahamas. Complaints can also be sent by email or using the Commission's e-complaints facility on its website. Additionally, you should advise the Commission of any unregistered firms or persons offering investment advice to the public. Investor protection is a part of the Commission's purpose.

The Commission's role

The Commission's mission is: "To effectively oversee and regulate the activities of the investment funds, securities and capital markets, to protect investors, while strengthening public and institutional confidence in the integrity of those markets." Key to carrying out this mission is helping the public get an understanding of the securities and capital markets so that they can make more informed investment decisions.

Remember that anyone can invest and that there are many investment products available that may suit your individual needs. Keep in mind that although there are some risks involved with investing, there are also many benefits.



LENO ENCOURAGES YOUNG ESSAY WRITERS

IN recognition of Leno Corporate Services Limited celebrating its 5th anniversary in July, the company is taking on many initiatives. Leno wanted to have more community involvement by giving back while bringing more visibility to the company. In light of this, Leno has launched its very first essay competition.

As a Bahamian-owned and operated financial services company offering Company Retirement Plans, Investment Management Services, Brokerage and Trading and College Saving Plans, Leno felt that it is important for children to become more aware of the importance of saving, budgeting and the value of money. The topic for the 2015 Essay Competition was “Why is it important for parents to teach their children how to save”?

The winner of the 2015 Essay Competition was Martin Davis, Head Boy from Jordan Prince William Primary School. Mr. Davis' essay was chosen out of thirty-four essays submitted by 6th grade students throughout the Bahamas. Second place went to Jai'aire Brennen, Head Boy from Hillcrest Academy and third place was given to Tayler Johnson, Head Girl from Yellow Elder Primary School. As the winner, Mr. Davis received \$1,000.00 in cash and prizes. Mr. Brennen and Miss Johnson received \$750.00 and \$500.00 in cash and prizes respectively. The winning school, Jordan Prince William Primary School received a laptop computer.

“We thank the 6th graders for their participation and applaud the effort and hard work of all the students and hope that they continue to strive for excellence.” says Mr. Sean K. Longley, President of Leno Corporate Services. He went on to thank the judges for their time and commented on how the judges wrote that they “enjoyed reading all the essays”.

Leno Corporate Services Limited is located on the 2nd floor, Pineapple Place, Bernard Road opposite the Village Road Shopping Centre.

TREVOR LONGLEY, left, co-ordinator of the 2015 essay competition, and **Sean K Longley**, right, president of Leno Corporate Services Limited, with essay contestants **Jai'aire Brennen**, second left, who finished second, winner **Martin Davis**, centre, and **Tayler Johnson**, second from right, who finished third.

Why is it important for parents to teach their children how to save?

MARTIN DAVIS wrote the winning essay in the Leno Corporate Services competition. Here, he writes about the importance of teaching children to save.

Teaching children how to save money teaches them many good habits and skills that will prove helpful when they become adults. Included among them are responsibility, hard work, patience, basic math skills and opening up a bank account.

Saving money teaches children how to be responsible not only for their money, but their actions, words, chores, decisions, homework and assignments. Saving one dollar every week for example, can give children a sense of duty and pride when they are able to obtain things they want and need. Children

can also learn that being irresponsible often has negative consequences for themselves and others around them.

Children can learn the skill of hard work not only in saving money but in earning it, whether this is from allowances, summer jobs or gifts. They can learn that hard work is often rewarding, and this can be applied to studying, training for a sports team or learning a musical instrument.

Children can learn the skill of patience. Saving money teaches children how to wait on things that money can buy. If children are taught to be patient they are less likely to steal or commit other crimes to acquire things they want. This in the future would prevent many young men and women from going to Fox Hill prison.

Children can learn mathematical skills. Basic skills like counting, addition, subtraction, division and multiplication are important when money is exchanged. Children also become stronger math students in school and this would improve the overall performance in national exams.

A bank is the safest place to keep one's money and children can be taught how to open up a bank account. They will also be taught the meaning of words like deposit, withdrawal and interest. This will be important when one gets a job and starts earning money.

In conclusion, all parents should teach their children how to save, as it not only creates disciplined children, but eventually disciplined adults for which we and all of society benefits.



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CONSUMER TIPS

Insurance guidelines

INSURANCE is basic to everyone's interest – whether business or personal – for many reasons, among which are reimbursement for rebuilding, health or property holdings, protecting against a loss (loss prevention/safety recommendations), making funds available for beneficiaries or those hurt on the job, assuring lenders of loan repayment (making mortgages possible), and providing protection from and/or for legal suits.

An insurance policy is a contract, and the industry is regulated by legal precedent and government sanctions. As any contract, it should be taken seriously – perhaps more than others, because the reason insurance is purchased is to ensure your future, for example, the home in which you live.

The following are guidelines basic to buying any coverage:

1. Inexpensive insurance may indi-

cate limited coverage or poor adjustment. Remember, you get that for which you pay. Obtain premium quotation from at least three reputable companies, and understand any differences in coverage.

2. The cardinal rule in buying insurance is first to cover you in case of a catastrophe, i.e., those risks to which you are exposed which would cause you the most loss, difficulty, and expense. Additional coverage can be obtained as funds become available and the need or desire develops.

3. Read and fully understand any policy; know its terms, your beneficiaries should also know its terms and conditions in the event of death, or should you become disabled and unable to support your family.

4. Consult a registered insurance Intermediary (Agent, Broker, Sub-Agent or Salesman). You can find a listing on

The Insurance Commission's website at www.icb.gov.bs. Ask questions about any facet of a policy you do not understand, and continue to do so until you are satisfied; your future may depend upon it.

5. If you purchase a term life insurance policy, inquire about the renewal policy, as each time you renew the premium may be higher.

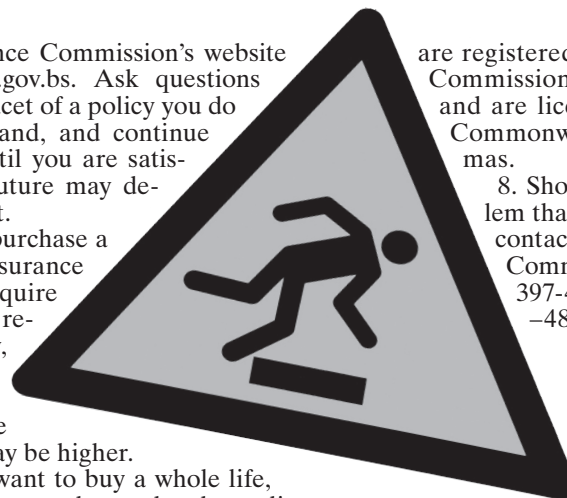
6. If you want to buy a whole life, universal life, or other cash value policy, plan to hold it for at least fifteen (15) years. Canceling these policies after only a few years can more than double your life insurance costs.

7. Be sure the company and agent

are registered with the Insurance Commission of The Bahamas and are licensed to sell in The Commonwealth of the Bahamas.

8. Should there be a problem that cannot be resolved, contact the Insurance Commission at Phone: 397-4183 or P. O. Box N-4844 for assistance.

• For more information, contact:
Consumer Welfare Unit
Ministry of Labour & National Insurance
JL Centre, Blake Road
Telephone: 698-1115/6




maintaining integrity

Domestic Insurance Market
International Insurance Entities
Captive Insurance Entities in The Bahamas



**THE INSURANCE COMMISSION
OF THE BAHAMAS**

www.icb.gov.bs
t 242.397.4100 f 242.328.1070

Recipients of long-term benefits and assistance

Did You Know?



YOU DON'T HAVE TO COME TO NIB TO BE VERIFIED.... HERE'S WHAT TO DO:

Collect a couple of verification forms from your nearest Local Office (or have someone collect it for you), or, better yet, download one from our website; if you're in receipt of an assistance, download this one:

<http://www.nib-bahamas.com/UserFiles/HTMLeditor/B.75a%20Assistance%20Verification.pdf>.

If you're receiving a benefit, get this one:

<http://www.nib-bahamas.com/UserFiles/HTMLeditor/Verification%20-%20Form%20B75b.pdf>.

Then when verification time comes around, complete the form and have it certified by one of the following:

- Counsel or Attorney of the Supreme Court
- Any Public Officer above the rank of Assistant Head of Department
- An ordained Minister of Religion (Pastor)
- Bank Manager
- Magistrate
- Justice of the Peace.

If you live outside of The Bahamas, you can also have your form validated by a

- Notary Public • Lawyer • Chief of Police.

Once completed, submit the form by:

- ◆ E-mail to pensions@nib-bahamas.com.
- ◆ Fax to (242) 322-2972.
- ◆ Courier or Mail to **The Pensions Department, The National Insurance Board,**
P. O. Box N-7508, Nassau, Bahamas.
- ◆ Hand to your nearest NIB Local Office.



REMINDER!

You are required to be verified twice per year - during your birth month and 6 months thereafter:

Born January:	verify Jan & July
February:	" Feb & Aug
March:	" Mar & Sept
April:	" Apr & Oct
May:	" May & Nov
June:	" Jun & Dec
July:	" July & Jan
August:	" Aug & Feb
September:	" Sept & Mar
October:	" Oct & Apr
November:	" Nov & May
December:	" Dec & Jun

Failure to be verified as specified will result in payment suspension.

If your Seniors Card has expired, come in and get your new Seniors Smart Card today. Come to your nearest NIB Local Office and bring along your old card.



Bahamians are united for a
SAFE, PROSPEROUS
and **MODERN** future.

We are moving forward together
for a Stronger Bahamas.

A future where we will
feel safe in our streets
and in our homes.

Where there will be
education, jobs and
opportunity for all.

Where our nation will
be modern and our
children will have a
brighter future.

JOIN THE MOVEMENT. BUILD THE MOMENTUM.

strongerbahamas.com