



c/o Bahamas Insurance Association, Royal Palm Mall, Mackey Street, Nassau, The Bahamas
Tel. (242) 394-6625

This Issue

Budgeting & Insurance.....1
 Upcoming Events.....1
 Hurricane Relief Event (Game Night).....2
 IIB Membership Renewal.....2
 Weight Loss Challenge News.....2

Upcoming Events

- October:**
Thursday, 17th October
 ⇒ **Public Forum - "The Importance of Insurance - The Industry is NOT your enemy!"**
- November:**
Friday, 1st November
 ⇒ **IIB's Annual General Meeting @ 6:00pm**
 ⇒ **Hurricane Relief Event (Game Night) @ 6:30pm**

Past Events

- May:**
- Lunch & Learn- "Budgeting and Insurance"
 - Weigh-In for Weight Loss Challenge
- June:**
- Lunch & Learn - "What the Hurricane Season Means to the General Insurer"
 - Final Weigh-In for Weight Loss Challenge

Budgeting & Insurance



On 17th May, 2019, the IIB hosted its monthly Lunch & Learn session on Budgeting & Insurance.

Our speaker (pictured) was Mrs. Laurel T.

Hamilton, a Financial Services Professional at Colina Insurance.

Mrs. Hamilton has a Bachelors in Business Administration, is a Certified Lean Six Sigma Sensei, Certified Associate Project Manager, Global Financial Services Provider, Fitness and Zumba Instructor with barbering



qualifications (a Jill of All Trades!).

Ms. Hamilton spoke on how important it is to budget your money.

She stated that budgeting is money management and outlined some of the basic principles which include:

- Control your spending;
- Choose a budget plan;
- Track your spending;
- Make your home pay you; and
- Insure yourself against loss.

Mrs. Hamilton also stated that budgeting teaches you how to allocate your money and when learning to do this, you will learn how to budget your time.

Mrs. Hamilton advised that when budgeting it is important to get your family involved. Teach your spouse and/ or children how to be accountable and how to control their spending. Sit with your family to discuss ways to save.

She advised all attendees not to look at budgeting as an admission of failure. It is not a limitation... it's an acknowledgment that you need to take control of your finances.

ABOUT US

The Insurance Institute of The Bahamas (IIB) is an organisation for persons working in the various sectors of the Insurance Industry in The Bahamas. We seek to promote education and continuous professional development by hosting seminars and bringing persons together for educational and informative talks. The Institute also focuses on building camaraderie through the coordination of social activities.

In addition, the IIB seeks to promote professionalism in the industry and encourages its members to adhere to the highest level of ethical standards.

To be a Member or should you require additional information about the IIB, click [here](#) to join or visit our website at <http://www.institutebahamas.com/>.

Hurricane Relief Event (Game Night)

Hurricane Relief Event (Game Night)

Date: Friday, 1st November, 2019
Time: 6:30pm-9:00pm

Location: Family Guardian Insurance
Company Ltd, Corporate Centre, East
Bay & Shirley Streets

Cost: \$20 Members
\$25 Non-Members

- ◆ Refreshments will be provided
- ◆ Cash Bar

Other games and activities will be
available for persons not
participating in Outburst.



See Registration Details below for
Outburst.

Team Registration: \$100 per team. Each team must consist of 3 persons. Please register teams by 24th October, 2019. Email: inga.saunders@hotmail.com or call (242) 431-1298.

The IIB would like to extend its deepest sympathies and prayers to all persons affected by Hurricane Dorian, especially those persons on the neighboring islands of Abaco and Grand Bahama.

We are offering our support by donating all proceeds from our Annual Game Night to Hurricane Dorian Relief.

We are asking for the support of the industry so that we can assist as much as possible in providing assistance to those in need during this time.

MEMBERSHIP RENEWAL



The IIB thanks you for your support during the year 2018-2019.

Please remember that your IIB membership expired 1st September, 2019. Please contact Mrs. Bryinda Russell at bryinda.russell@familyguardian.com for information regarding membership renewal or becoming a member.

Cheques can be delivered to the BIA's Office located Royal Palm Mall, Mackey Street.

WEIGHT LOSS CHALLENGE NEWS

JUNE (FINAL WEIGH-IN):

- ◆ Congratulations to Krystle Saunders for taking 1st place with a total percentage weight loss of 5.32%. Demetria Cooper came 2nd with a percentage weight loss of 4.96% and Carla Bastian came 3rd with a percentage weight loss of 4.95%.

MAY:

- ◆ Krystle Saunders came in 1st place with a percentage of 5.85% for the month of May. Demetria Cooper came 2nd with a percentage weight loss of 1.90% and Inga Saunders came 3rd with a percentage weight loss of 1.39%.

