



# The Cabinet Files

Fall 2010

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*Motto: Many Players, One Team*



## OUR VISION

**Excellence in policy making and responsive,  
high quality public services.**

## OUR MISSION

**To ensure that the Government delivers its priorities in a timely and efficient way  
and that proper collective consideration takes place when it is needed  
before policy decisions are taken.**



The Cabinet Files

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**Changing the Way We Spend**

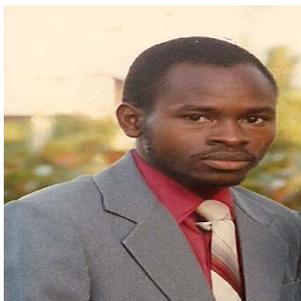
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# Adjusting to Changes in the Workplace

## Editor's Note

*Dear readers...*

**I**t is commonly said that "change is constant". Despite this verifiable fact, the human element does not like change. In fact, many resist change because they find it depressing, disruptive and painful. The thought of change brings with it a spirit of uncertainty, fear and doubt due to the inability to see beyond the present. This common tendency to resist change will not diminish until we transform our mindset to understand that accepting change is an expression of life, growth and maturity.



Managing Editor  
Bridget E. Hepburn

You will agree that all living creatures experience some form of change. For example, we will never enjoy the beauty of the butterfly if the caterpillar remains in its embryonic state. Likewise, we will never hear the lovely singing of a bird if it remains an egg. Furthermore, a snake will not be rejuvenated if it does not change its skin. For the most part, we find it easy to accept the changes in nature, however, the implementation of changes in the workplace tells another story.

As civil servants, we have all experienced change during our public service career. Some have had change in management, office accommodation, working conditions, organizational restructuring, and the expansion of duties as a result of promotion, transfer or deployment. Each transition is different and the ability to accept and adjust to the change rests in how one perceives and reacts to the change. If you accept it and view it as a positive move for personal advancement and that of your Ministry or Department, then adjusting will be less stressful; the reverse is also true.

As a nation, much of what we do has changed because of the recent down turn in the economy and its impact on the national budget. We have changed the way we spend, invest, travel and even donate to charitable organizations. In the public service this has translated into moratoria having being placed

on new appointments, allowances, increments, promotions and overtime. These are difficult times for all and survival hinges on our willingness and ability to adjust. On this premise, I submit the following tips to make that adjustment period less strenuous:

1. seek to fully understand the implementation of new ideas before criticizing;
2. always analyze a situation to look at the advantages and disadvantages;
3. look at the transition to see what role you will play in the change and seek to make a positive impact;
4. support all initiatives put forward by your leader even if you are not in agreement; one day you will be a leader and you will want someone to support you;
5. exercise mental flexibility, as change is inevitable; and
6. cooperate with management as they help you adjust to change.

I trust that you find these tips useful as we move forward, upward, onward and together as a Public Service that remains accessible, responsive and efficient in meeting the needs of the Bahamian society.

**ENJOY OUR SECOND  
ISSUE OF  
THE CABINET FILES!**

# Inspirational Words

## Carpe Diem

By Anita V. Beneby

The sudden death of our beloved colleague, Christopher Storr, on 25<sup>th</sup> July, 2010 reminds us that our future is not certain, tomorrow is not promised to us. We are accustomed to forget this. We believe that we control our time on earth; so oftentimes we postpone doing good and we persist in doing wickedness. The Hebrew Psalmist was aware of the human tendency to take time for granted. He asked God to remind him that his days are numbered and his time on earth is brief. (Ps. 39:4)

Since our future is uncertain, we should live each day with purpose and in a manner that pleases God (Ps. 90:12). Let us *today* stop wasting time and doing foolishness. Let us *today* do what is right. Let us *today* extend forgiveness and love to those in need. Let us *today* pursue peace in our homes and in our workplace. Let us *today* be patient with and show kindness to one another. Let us *today* help the person in need. Let us *today* respond to God's call. What we do tomorrow does not matter; it's only what we do *today* that counts.

What have you been putting off for tomorrow? Tomorrow is not promised to you. Make the most of the time you have and do it today. Carpe diem! Seize the day!

## Thought for the Quarter

You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you.

- Zig-Ziglar

# Cutting Costs in The Bahamas Public Service

By Paulamae Russell

Today's recessionary trends demand that we implement strategies to cut costs in The Bahamas Public Service. Although the thought is easier said than done, there are certain measures we can take to help reduce spending.

On the international scale, Public and Private sectors had to make tough decisions to curb expenditure. They have resorted to laying off staff members, reducing work hours, freezing or cutting pay, downsizing, placing staff on mandatory vacation and in some cases inviting them to retire early.

Here in The Bahamas, our Government took an ambitious stand not to downsize the Public Service but rather to hold the line by placing a freeze on new appointments, increments, promotions and overtime. Furthermore, salaries of the political directorate were decreased, and allowances of all senior public servants were cut by 50%.

On a Ministerial/Departmental level, each civil servant can play an active role to assist in the reduction of costs to the Government. Here are a few tips to support the same:

- \* Turn off appliances and equipment at the end of each working day inclusive of the following:
- Computers (i.e. CPU, monitors, printers and any other accessories attached)

- Copiers
- Calculators
- Typewriters
- Air condition units (window units)



- Shredders
- Radios
- \* Ensure that faucets in bathrooms and kitchens are turned off.
- \* Fix water leaks in bathrooms and kitchens in a timely manner .
- \* Adopt energy efficiency, i.e. adjust the temperature by increasing the thermostat temperature in cold months and lowering the temperature in warm months. A change of a couple degrees on the thermostat will save money on the electrical bill.
- \* Ministries/Departments can request a representative from BEC to give an energy evaluation of their agency. They will learn strategies like setting timers on appliances.
- \* The Public Service can get a handle on rising electrical costs if we use

electricity wisely by updating fixtures with energy efficient bulbs and turning off lights in offices at the end of each work day.

- \* Reduce paper consumption by using computer storage discs to archive by storing as much information as possible.
- \* Timely and regular maintenance of equipment and plant/physical accommodation.
- \* Order (where possible) generic brands of office supplies. Generic brands are just as good as name brands in most cases and would save the office money.
- \* Monitor/Control frequent requests for office supplies.

I am confident that if we employ the tips indicated above, we will see a tremendous turn around in terms of spending in the Public Service.

The implementation of such strategies does not have to be a one time initiative but the beginning of a sustainable programme. Such a programme would undoubtedly redound to a more economically disciplined public service and increased financial stewardship in the best and in the worst of times.

# The Legislative Process

By  
Christina  
Brown

From time-to-time various matters arise creating the need to make new legislation or improvements to existing legislation for the benefit of the society.

Article 52 (1) of The Bahamas Constitution mandates Parliament to make laws for the peace, order and good governance of The Bahamas while Article 52 (2) provides for such laws to be enacted by passage of Bills (draft laws) through both Houses of Parliament, viz, the House of Assembly (Lower Chamber) and the Senate (Upper Chamber) prior to their being assented or agreed to by the Governor-General.

Consequently, it should be no surprise that the primary function of the Parliament is to pass laws for the enhancement of the quality of life for Bahamians. Notwithstanding this, such laws are not enacted in a vacuum but on the basis of fulfilling predetermined needs of the society. Accordingly, the creation of new or amendment to existing legislation may be initiated by Government through its Agencies, Non-Governmental Organizations (NGO's), by the Private Sector or in response to international demands that could impact the welfare of the State.

Once Cabinet determines the need for the creation of new laws or the amendment to existing laws, the Office of the Attorney General is authorized to prepare the Bills (draft legislation) which, subject to Cabinet's scrutiny, are authorized for Tabling in Parliament. The Bills are then included on the Action Sheet which is a document prepared in the Cabinet Office that lists items for tabling or introduction by Ministers in the House of Assembly. Hence, Bills are included on the Action Sheet before each meeting of the House of Assembly.

Public consultation via town meetings or the Government's Website may occur prior to or after the tabling of Bills and any amendments derived therefrom would be incorporated in the Bills for Parliamentary debate.

In Parliament, all Bills must go through four stages and a vote is taken after each

stage. The first stage is introduction and first reading of a Bill. At this stage, the long title is read. When a Bill is read a first time, the Speaker orders it printed and the Bill is assigned a number and circulated to Members of Parliament. It then becomes available to members of the public.

The next stage is second reading of a Bill. This is where the principle of the Bill is debated. All Members of Parliament may speak on the second reading so that all points of view could be given consideration.

Following the second reading is the Committee stage. This is the stage where the entire House sits as a Committee of the Whole House and the Speaker



leaves the Chair and the Deputy Speaker presides over the Committee as Chairperson.

During the Committee stage, the Bill is examined clause by clause and it is at this stage that any ambiguities are clarified and amendments are proposed and agreed. After the Bill has been agreed in Committee, the Chairperson reports to the Speaker, who would have resumed the chair, what transpired during the deliberation of the Committee and any amendments which may have been made to the Bill.

The Speaker then invites a motion for third reading and passing of the Bill which is the final stage of the process. The motion is again made usually without debate. If the Bill is supported by a majority of Members, the Speaker orders the Bill passed and orders the Clerk of the House to take the Bill to the Senate for that Chamber's concurrence.

The Constitution empowers Senators to introduce and pass Bills other than Money Bills. Therefore, the Senate goes through the same stages of the Bills as the House. The Senate also has the power to amend Bills passed by the House of Assembly if they consider it necessary. If the Senate amends a Bill passed by the House, those amendments would then have to be approved by the House of Assembly.

The Senate also has the authority to outrightly reject a Bill that had been passed by the House. Note should be taken, though, that if the House passes the same Bill in two successive sessions and the Senate rejects it each time, the House may send the Bill directly to the Governor-General without the Senate having consented to the Bill.

If the House passes a Money Bill and sends that Bill to the Senate for its consent and if the Senate does not give its consent within a month after receiving the Bill, the Money Bill will be sent to the Governor-General for assent even though the Senate had not consented to it.

Both Houses must be made aware that the other has passed the Bill. Therefore, the House of Assembly and the Senate communicate with each other through a system of messages.

Any member of either House may introduce a Bill except that **Money Bills** must be introduced in the House of Assembly by a Minister. In practice, however, the great majority of Bills are introduced by the Government in the House of Assembly. Each Bill must have three separate readings in both Houses, must be passed by both Houses and must be signed by the Governor-General before becoming law.

**Money Bills** (Budget and Taxation Bills) are those which require charges to the Consolidated Fund, that is, monies have to be spent from the Fund to meet expenditure.

Following the above, an administrative process takes place whereby the Attorney General issues an Assent Certificate for the Bill to proceed. After this, the Governor-General gives his assent and the Bill then becomes law. The final stage in the Cabinet Office is where the Act is assigned a number and gazetted.

It should be noted that even though Acts would have been passed by Parliament and assented to by the Governor-General, this does not automatically bring them into effect. Some become effective via the date of the gazette, while others become effective according to the date sometimes indicated in Section 1 (2) of the legislation. Additionally, some legislation come into effect by Appointed Day Notice. In this case, Section 1 (2) of the Act would state, "this Act comes into effect on a day to be appointed by the Minister".

This means that the Minister responsible for enforcing the provisions of the legislation will indicate, at a later date, the day the legislation becomes effective. Accordingly, another piece of legislation called an "Appointed Day Notice" will be prepared by the Attorney General's Office indicating such operational date. The latter form is used particularly in cases where certain measures must be put in place before the provisions of the legislation are enforced.

Note should also be taken that in some instances legislation may contain sections or provisions which do not all come into force at the same time.

It is important to note that legislation does not only comprise of Acts but Subsidiary Legislation or Statutory Instruments. These are Proclamations, Regulations, Rules, Orders, Notices, Bye-Laws or other instruments. Statutory Instruments are made under or by virtue of an existing Act which gives Ministers or any other authority the power to make these laws. These types of legislation also require gazetting and tabling in Parliament. There is usually no debate.

#### **Acts passed during the period 14<sup>th</sup> April, 2010—4<sup>th</sup> August, 2010**

On Wednesday, 14<sup>th</sup> April, 2010, the 2010 Session of Parliament was opened with a Speech From The Throne delivered by the newly appointed Governor-General, Sir Arthur A. Foulkes. Among other measures, the Speech From The Throne outlined the Government's "ambitious legislative agenda of reform and modernization."

To this end, the Government has already actively embarked upon its legislative agenda with the introduction and passing of various important pieces of legislation namely:

#### **The Bahamas Technical and Vocational Institute Act, 2010**

This is a new Act which provides for the incorporation of The Bahamas Technical and Vocational Institute in the Commonwealth of The Bahamas. The legislation makes provision for the functions of the Institute to include technical, educational and vocational training of students in core areas relevant to the Bahamian economy; the conferment of awards; consultation and collaboration with employers, trade or commercial confederations and other societal stakeholders in determining courses

of instructions and instructional methodologies. The Act also gives authority for the Institute to be operated as a body corporate having perpetual succession and provides for the establishment of the Institute by a Board which will be responsible for its general direction. Importantly, the legislation gives authority for the appointment of a President responsible for the day-to-day functions of the Institute. This Bill was introduced by the Minister of Education whose Ministry has responsibility for its administration.

#### **The Forestry Act, 2010**

This is a new piece of legislation which seeks to provide a legal framework for the long-term management of forests in The Bahamas through the establishment of a governmental forestry agency. The Act also provides for the appointment of a Director of Forestry and other Forest Officers for the efficient operation of the Forestry Unit and to carry out the functions provided in the legislation. The Bill was introduced by the Minister of the Environment and his Ministry has responsibility for such matters.

#### **The Animal Protection and Control Act, 2010**

This new legislation was introduced by the Minister of Agriculture and Marine Resources. The Act makes provision for the constitution, composition and functions of an Animal Protection and Control Board concerned with the protection and control of animals and the appointment of Animal Control Wardens to assist the Board in carrying out its functions. It also places restrictions on persons owning animals for fighting and dogs presenting serious danger. The legislation ensures the inspection and certification of animal-holding establishments such as pet shops, breeding and boarding kennels and commercial stables. The Ministry of Agriculture and Marine Resources has responsibility for fulfilling the mission of this legislation.

The three Acts listed above are not yet in effect but will come into operation on a date to be decided by the respective Ministers.

### **The Good Samaritan Food Act, 2010**

The Good Samaritan Food Act is also a new piece of legislation that encourages the donation of food to persons in need. Most importantly, it exempts food donors from civil liability in cases where food donated resulted in injury or death, despite the fact that it was donated in good faith and was safe for consumption after leaving the possession or control of the donor. This legislation was introduced by the Minister of Social Services. It took effect on 28<sup>th</sup> June, 2010.

The following Acts were tabled by the Minister of Finance and fall within the purview of the Ministry of Finance which is responsible for fulfilling the mission of the legislation:

### **Budget Legislation**

During the Annual Budget Exercise presented in May, Parliament introduced and passed a compendium of legislation, which became effective on 1<sup>st</sup> July, 2010 namely:

**The Appropriation (Revenue Account Expenses) (2010/2011) Act, 2010**

**The Appropriation (Capital Development) (2010/2011) Act, 2010**

**The Tariff (Amendment) Act, 2010**

**The Excise (Amendment) Act, 2010**

**The Stamp (Amendment) Act, 2010**

**The Spirits and Beer Manufacture (Amendment) Act, 2010**

**The Industries Encouragement (Amendment) Act, 2010**

**The Road Traffic (Amendment) Act, 2010**

### **The Bahamas and the United States of America Tax Information Exchange Agreement (Amendment) Act, 2010**

This Bill amends The Bahamas and The United States of America Tax Information Exchange Agreement Act. It increases the penalties applicable for offences committed under the Act to ensure consistency with penalties provided in the new legislation that will give effect to other tax information exchange arrangements that The Bahamas has entered into. Further, it empowers the Minister to permit, at his discretion, the United States Competent Authority to conduct interviews in The Bahamas with persons that voluntarily consent to participate in such interviews, and on such conditions as the Minister may set. The legislation became effective on 27<sup>th</sup> July, 2010.

### **International Tax Co-operation Act, 2010**

The Act enables The Bahamas to give effect to any treaty or international agreement specified in the Schedule that provides for exchange of information in tax matters. It will effectively implement into domestic law the internationally agreed principle for the exchange of tax information universally endorsed by the United Nations, the G20 and the Organization for Economic Co-operation and Development. The legislation is not yet in effect.

### **The Banks and Trust Companies Regulation (Amendment) Act, 2010**

The main purpose of the amendment is to augment and strengthen the existing regulatory framework of the Central Bank as supervisor of banks, trust companies, registered representatives and money transmission business.

### **The Central Bank of The Bahamas (Amendment) Act, 2010**

The purposes of this Act are to strengthen the legal underpinnings of the Central Bank's role as regulator of payments systems within The Bahamas; clarify the calculation of the value of the Bank's external reserve; validate the Bank's acquisition and continued ownership of Balcony House; and remove the prohibition against directors of the Bank owning any shares in entities that are regulated by the Bank.

### **The Financial and Administration Audit Act, 2010**

This legislation repeals and replaces the Financial Administration and Audit Act, 1973. The main purpose of this Act is to clarify and detail requirements for the annual and mid-term budget communications and to enhance the regulatory functions of the Ministry of Finance.

### **The Business Licence Act, 2010**

The main purpose of this legislation is to simplify the legal and regulatory requirements to operate a business and

to facilitate a "one stop shop" by eliminating the need for separate applications to the Licensing Authority in respect of shop, liquor, music and dancing and other occasional licences. Accordingly, the bill seeks to repeal the Liquor Licences Act, the Shop Licences Act, the Music and Dancing Licences Act and the Registration of Business Names Act. It repeals and replaces the Business Licence Act incorporating all requirements to carry on businesses in the new legislation.

With the exception of the Business Licence Act, 2010, that comes into effect on 1<sup>st</sup> January, 2011, the above Acts will all come into operation on a date to be decided by the Minister of Finance.

### **The Supreme Court (Amendment) Act, 2010**

### **The Court of Appeal (Amendment) Act, 2010**

These amendments provide for increases in the number of Justices appointed to the Supreme Court and Court of Appeal and the minimum number of Justices appointed respectively. The Bills were introduced in the House by the Prime Minister and became effective on 7<sup>th</sup> July, 2010.

### **The Passenger Tax (Amendment) Act, 2010**

The Passenger Tax (Amendment) Act, 2010 was introduced in the House by the Prime Minister but the provisions of the legislation will be carried out by the Ministry of Tourism and Aviation. This legislation amends Section 4 of the Act to make provision for the charge of ticket tax for tickets sold for travel outside of The Bahamas and travel originating in The Bahamas. These provisions became effective on 1<sup>st</sup> October, 2010.



# PARLIAMENTARY PRIVILEGE

By Maurice Tynes  
Clerk - House of Assembly

The powers and privileges now enjoyed by Members of Parliament were inherited from the House of Commons in the United Kingdom. These privileges evolved in the House of Commons centuries ago because of the very real threat from the King and the House of Lords and were enshrined in the Bill of Rights in 1689. Parliamentary Privilege refers to the rights and immunities that are essential for the Parliament, as an institution, and its Members as representatives of the electorate, to perform their functions. It also refers to those powers claimed by the Parliament to protect itself, its members and its procedures from undue interference so that it can effectively carry out its principal functions unimpeded which are to legislate, inquire and debate.

## ► Legal Authority for Privileges

While the Privileges, Powers and Immunities were inherited from the mother parliament, a modern Bahamian Parliament was required to put in law those measures it felt were needed to permit its members to function unfettered and also to protect its own dignity and authority.

Article 53(1) of The Constitution empowers the House to determine by law its own privileges, immunities and powers. In 1969 Parliament enacted **The Powers and Privileges (Senate and House of Assembly) Act**. This Act established in Bahamian statute law those powers, privileges and immunities which formerly were derived from the United Kingdom Parliament. These powers, privileges and immunities include:

### ► Freedom of Speech

No civil or criminal proceedings may be instituted against any Member for words spoken in the House or Committee, written in any report to the House or Committee, or brought to the House by a Member in a Petition, Bill or Motion.

### ► Freedom from Arrest

No Member shall be liable to arrest for any civil debt while going to, attending or while returning from any sitting of the House or Committee; and

No Member shall be liable to arrest for any criminal offence within the precincts of the House while the House or Committee is sitting without the consent of

the Speaker.

- **Restrictions on service of process -**

No process issued by any court shall be served or executed within the precincts of the House through the Speaker or any officer of the House, while the House is sitting.

- **Power to issue summons for attendance of a witness**

When the attendance of any person is required to give evidence before the House or a Committee, the Speaker is empowered to inform the Clerk to issue a summons requiring the attendance of such person after the passage of a Resolution by the House or the Committee.

- **Power to regulate admission to the House**

The Speaker is empowered to issue orders such as are necessary to regulate the admission of visitors to the House.

- **Power to punish persons for false printing of House documents**

Any person who prints any document of the House falsely shall be guilty of an offence and upon conviction shall be liable to a fine not exceeding \$3,000 or to imprisonment for a term not exceeding two years.

One of the first acts of the Speaker at the Opening of Parliament following a general election is to demand these privileges from the Governor-General on behalf of the Members of Parliament. The Speaker is the custodian of these privileges and the Rules of the House arm the Speaker with the authority to punish Members and members of the public who breach any of these privileges. The Members enjoy the privileges collectively and individually.

Article 55(1) of The Constitution empowers each

House to regulate its own procedures by making Rules of Procedure. Both the Senate and the House of Assembly have drafted and adopted Rules and Procedures which govern and regulate the meetings of the chambers.

## Contempt

Contempt of the House and Breach of Privilege are two terms used synonymously. However, the two terms are not synonymous. Breach of Privilege is a violation of one of those privileges which have been codified in statute law and which have been listed earlier. Contempt, on the other hand, occurs when an individual disobeys or ignores a Resolution passed by the House or disobeys or ignores an Order by the Speaker. The power of both Houses to punish for contempt is similar to that possessed by the Supreme Court and its enforcement is discretionary. All breaches of privilege amount to contempt; but contempt does not amount to a breach of privilege.

These privileges, powers and immunities, to some extent, accord parliamentarians peculiar rights and special advantages not enjoyed by other citizens. But Members are not outside or above the law which govern Bahamian citizens. Each House has the authority to invoke privilege where its ability has been obstructed in the execution of its functions or where Members have been obstructed in the performance of their duties. Members can only claim privilege insofar as any denial of their rights, or threat made to them would impede the functioning of the House. Moreover, Members cannot claim privilege or immunity on matters that are unrelated to their functions in Parliament.

# Data Protection

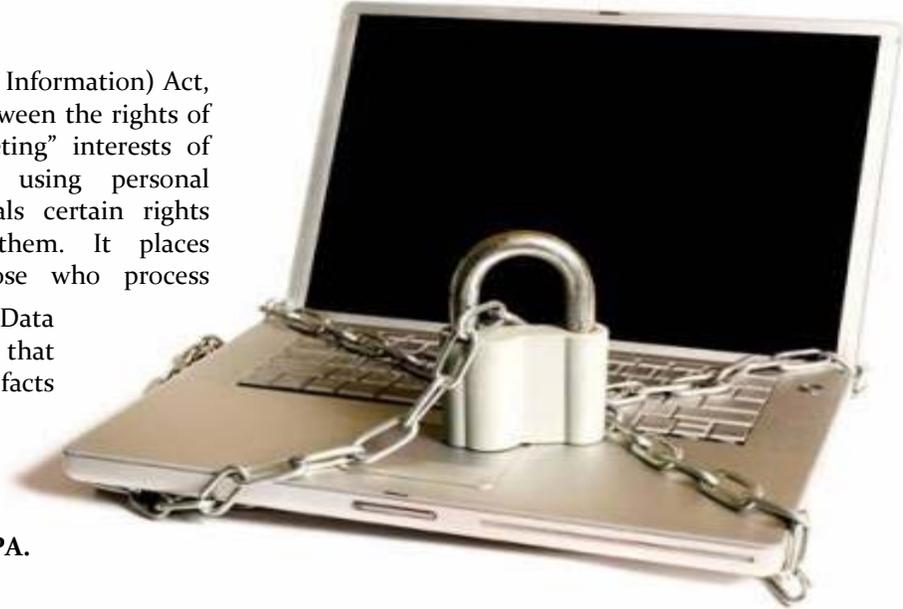
## A Quick Guide

By George E. Rodgers, Data Protection Commissioner

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### What is the Data Protection Act?

The Data Protection (Privacy of Personal Information) Act, 2003 (DPA) seeks to strike a balance between the rights of individuals and the sometimes “competing” interests of those with legitimate reasons for using personal information. The DPA gives individuals certain rights regarding information held about them. It places obligations on Data Controllers (those who process information) while giving rights to Data Subjects (those who are the subject of that data). Personal information covers both facts and opinions about the individual.



#### 1. Rights of Individuals under the DPA.

**Individuals have a number of legal rights under The Bahamas’ data protection law. You can...**

- expect fair treatment from organizations in the way they obtain, keep, use and share your information;
- demand to see a copy of all information about you kept by the organization;
- stop an organization from using your details for direct marketing;
- demand that inaccurate information about you be corrected;
- demand that any information about you be deleted, if the organization has no valid reason to hold it;
- complain to the Data Protection Commissioner if you feel your data protection rights are being infringed;
- sue an organization through the courts if you have suffered damage through the mishandling of information about you.

#### 2. Obligations on Data Controllers under the DPA.

**To comply with their data protection obligations Data Controllers must:**

- ⇒ collect and process information fairly;
- ⇒ keep it only for one or more specified, explicit and lawful purposes;
- ⇒ use and disclose it only in ways compatible with these purposes;
- ⇒ keep it safe and secure;
- ⇒ keep it accurate, complete and up to date (except for back-up data);
- ⇒ ensure that it is adequate, relevant, and not excessive;
- ⇒ retain it no longer than is necessary, except for historical, statistical or research purposes;
- ⇒ give a copy of his/her personal data to any individual, on request.

If you require any further information about this or any other aspect of Data Protection, please email us at [dataprotection@bahamas.gov.bs](mailto:dataprotection@bahamas.gov.bs) or visit our website [www.bahamas.gov.bs/dataprotection](http://www.bahamas.gov.bs/dataprotection).

# **VOTER REGISTRATION**

By Errol Bethel—Parliamentary Commissioner

**The Parliamentary Registration Department completed its aggressive initiatives which paved the way to begin the Voter Registration Drive on Monday, 4<sup>th</sup> October, 2010. The purpose of the Registration drive is to prepare a new voters' list.**

**Persons intending to apply for registration must satisfy the Revising Officer that they are qualified to be registered.**

**To be qualified you must be:**

- ♦ **a citizen of The Bahamas;**
- ♦ **at least eighteen years old;**
- ♦ **not subject to any legal incapacity; and**
- ♦ **have resided in a particular constituency for at least three months.**

**Revising Officers have the right to request documentary evidence that applicants are qualified to be registered.**

**All eligible Bahamian Citizens are encouraged to register. You may register at The Mall at Marathon, Town Centre Mall, the General Post Office, South Beach Post Office, Carmichael Road Post Office, Elizabeth Estates Post Office, and Clarence Bain Building/BTC.**

# THE CABINET OFFICE



to the following staff members on the death of their loved ones:

Gregory Major	-	Clara Christie (Mother)
Lernex Williams	-	Mable Fernander (Mother-in-Law)
Madrina Ingraham	-	Charles Able (Uncle)
Stephanie McPhee	-	Loretta White & Ivone Coakley (Sisters)
Kathleen Smith	-	Lenora Smith (Sister-in-Law)

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DATE	JULY	AUGUST	SEPTEMBER
2	Janet Carey		
4		Rita Darling	
8	Kathleen Smith	Barbara Bethel	
12			Terry Brown
14	Dorlan Colle	Felix Nelly	
15		Ruth Charlton Lernex Williams	
16	Doris Cash Rondon Rolle	Deanne Nelly	
17		Simeon Ambrose	Duke Ginton
19	Marion Taylor		Whitney Marche
20			Shanda Sears
21	Elise Delancy		
22		Chrystal Ginton	Clistine Seymour
23	Eulene Williamson		
24		Maria Lewis	Edna Rolle
26			Harrison Thompson
27	Paswell Gibson		
30	Sophia Clarke	Bridget E. Hepburn	

They say that age is all in the mind. The trick is keeping it from creeping into your body.  
-Author Unknown

# *Congratulations to:*

Mr. Michael Humes  
who was honoured  
by the South  
Andros Alumni  
Association for his  
hard work and  
dedicated service  
to the South  
Andros High  
School and the  
South Andros  
community.

Miss Elsa Johnson on  
her appointment to  
the Permanent &  
Pensionable  
Establishment and  
Confirmation in  
Appointment.



# Look Who is

Gardening in the Calumet Office

## Gardening By The Yard - Patrice D. Bain

The long afternoon during the summer months breathes forth an anticipation for the avid gardener. With gloves on, shovel in hand, and a straw hat if needed, much can be accomplished.

Gardening is relaxing, it is therapeutic, and it can be termed a "stress reliever". With just a little weeding, trimming and planting of little clippings, one can feel a sense of accomplishment.

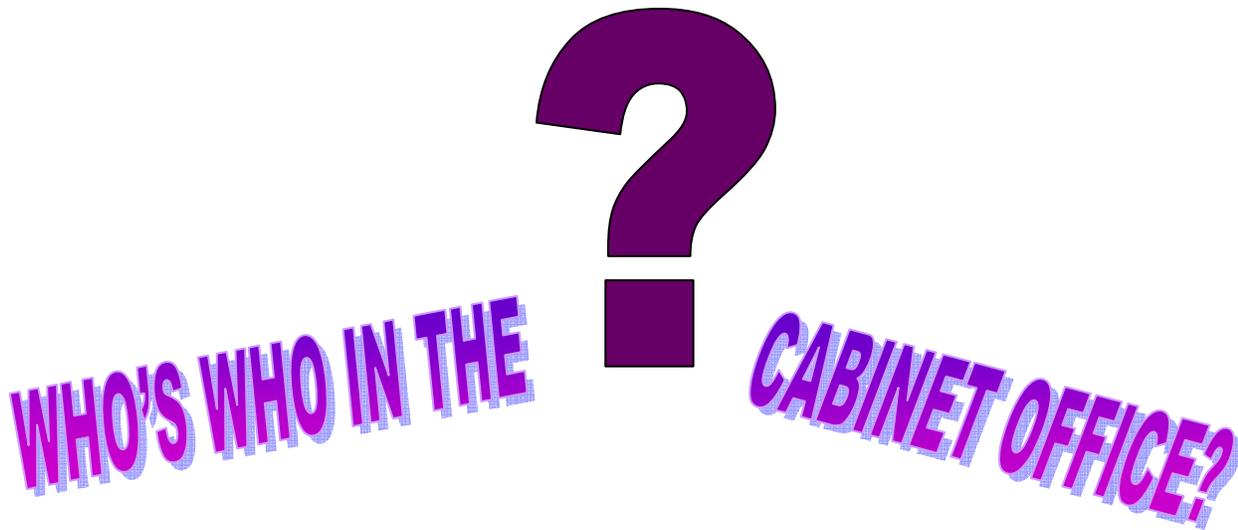
Why not plant a flower garden, an herb/vegetable garden or even a container garden. For a flower garden, colourful roses, lantanas and bougainvilleas make a great patch. Basil, rosemary and Spanish thyme can easily be retrieved when cooking from an herb garden. In a container garden, a collection of bromeliads in colourful pots creates an inviting entrance.

I love bromeliads and as such my yard is decorated with many species namely Rzil striped, single star and tropical.

Gardening inspires me and stems from a love for interior decorating and the ability to turn something old into new. Just beholding an overgrown yard with weeds causes me to envision a well manicured lawn with a new curb appeal. Plans for becoming a member of the Garden Club are in the future, but for now attendance at monthly meetings works well.

Get cracking with your garden and make your yard the talk or the sight of the neighbourhood.





# WHO'S WHO IN THE CABINET OFFICE?

By Sophia Clarke

In an effort to showcase the dynamic team of the Cabinet Office, the Cabinet Files will feature two staff members in each issue of the magazine. The selection process is totally objective, in that all staff members' names have been placed in a box and each quarter two will be selected. The officers will be informed and invited to submit a biography referencing:

Family/Recreation Life

Social/Community Life

Spiritual Life

Work Life

Contribution to his/her Department/Unit and the

Public Service as a whole.

The two officers to be featured in this issue are Mr. Michael Humes, First Assistant Secretary and Mrs. Delores Greene, Binder II. Enjoy our presentation as we journey through their lives.

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# Who's Who in the Cabinet Office



Mr. Michael Humes  
First Assistant Secretary  
Cabinet Office

**Family/Recreation Life**

Mr. Michael Humes was raised in the quaint settlement of the Forest on the Island of Exuma by his maternal grandfather and two aunts. At the age of 7, he relocated to New Providence to live with his mother and continue his education.

Mr. Humes has been married for 27 years to the lovely Charlotte Humes nee Francis. He is the father of 2 daughters and 2 sons.

Mr. Humes, a family man, provides financial support and spiritual guidance for his household.

When time permits, Mr. Humes enjoys listening to Old School Music, conversing with friends or engaged in a competitive game of dominoes - otherwise he can be found at home in front of his television watching the World News on the BBC.

**Social/Community/Spiritual Life**

An active member of the Rotary Club of South East Nassau, Mr. Humes served as that club's president during the 2005/2006 Rotary year. His affiliation in Rotary has been able to contribute to the community in terms of the disabled community, underprivileged youths and institutionalized adults.

Mr. Humes, an Anglican, can be seen in attendance at the 7:00 a.m. Mass every Sunday morning at Holy Spirit Anglican Church in Chippingham. While he is not a preacher his inspiring messages throughout the office lead one to believe that he is qualified to serve in the capacity of a clergyman.

**Work Life**

Mr. Humes was first appointed to the Public Service as an untrained teacher in January, 1973; he was posted at the D.W. Davis Junior High School in New Providence. After earning his B.A. degree in December, 1976 from the University of Science and Arts of Oklahoma, his journey through the educational system began and took the following tour:

- January 1977 to June 1979 - served as a teacher at the J. H. Major Junior High School
- June 1979 to June 1981 - earned a Diploma in Education (Dip. Ed.) from the University of the West Indies
- September 1979 to June 1982 - served as a teacher at the S. C. McPherson Junior High School
- September 1982 to June 1983 - served as a teacher at the Cooper's Town High School

- September 1983 to June 1988 - served as the Principal at the Marsh Harbour Primary School
- September 1988 to June 1990 - served as the Principal at the Lowe Sound Primary School
- September 1990 to June 1998 - served as the Principal at the South Andros High School
- September 1998 to June 2000 - served as the Principal at the North Andros High School
- June 2000 to May 2006 - administratively posted as Secretary to the Apprenticeship Board in the Ministry of Education
- June 2006 to May 2007 - held the substantive post of First Assistant Secretary while also serving as Secretary to the Apprenticeship Board in the Ministry of Maritime Affairs and Labour
- June 2008 to present - serving as First Assistant Secretary in the Cabinet Office

You will note from the above that Mr. Humes contributed greatly to the development of the youth of our nation through the art of education. It is his dedication to educating, coaching, counseling and disciplining our youths that we can boast of the successes of many lawyers, doctors, administrators, teachers, and executives that have been tutored by him.



# Who's Who in the Cabinet Office

2

MRS. DELORES GREENE  
BINDER II

Government Printing Department

### ***Family/Recreation Life***

Mrs. Delores Greene was born and raised on the Island of New Providence. She was educated at Our Lady's Catholic School and Aquinas College.

On 21<sup>st</sup> August, 1982, she married the love of her life Mr. Charles Greene and they are the happy parents of three daughters and two sons. She was recently blessed with a beautiful granddaughter whom she loves dearly.

Mrs. Greene is also a nurturer of her home. She provides spiritual and physical strength for her family. She is the family figure that keeps the link together in harmony and good faith.

Mrs. Greene is family oriented, nevertheless, she finds time to do those things she likes, such as cooking, baking and decorating cakes, travelling, and watching old movies.

### ***Social/Community/Spiritual Life***

Mrs. Delores Greene is a member of St. Cecelia's Catholic Church.

She is committed to doing Charity work and helping others – she finds this rewarding. Mrs. Greene loves working with the youth and welcomes any opportunity presented to do so.

### ***Work Life***

Mrs. Greene began her career in the Public Service on 26<sup>th</sup> November, 1979 as Trainee Technician in the Government Printing Department on temporary terms. As a result of her committed

service, she was appointed to the Permanent and Pensionable Establishment and Confirmed in appointment on 1<sup>st</sup> September, 1981. Through her dedication, hard work, positive attitude and good work ethic, she progressed through the service to the level of Binder II.

In the capacity as Binder II, Mrs. Greene is responsible for supervising the Bindery Unit and ensuring that printed jobs are collated, binded and packaged for delivery.

Mrs. Greene spent all of her years in the Public Service at the Government Printing Department. On this basis, she contributed to the growth and development of that Department, through her time, ideas and the support given to administration every step of the way. More specifically, Mrs. Greene is credited for the implementation of the Binder Award which recognizes staff members for outstanding work ethic. The Award was established to encourage staff to be punctual and to perform with excellence as their hallmark. With her institutional knowledge of 31 years, she has been and is currently a coach, mentor, trainer and counsellor to staff members.

Mrs. Greene remains committed to advancing the goals of the Government Printing Department. She hopes to make an even greater contribution to the Bindery Unit by enrolling in a Book-Binding and Book Conservation Course, thus broadening her skills in the areas and keeping abreast of current trends in Bindery.

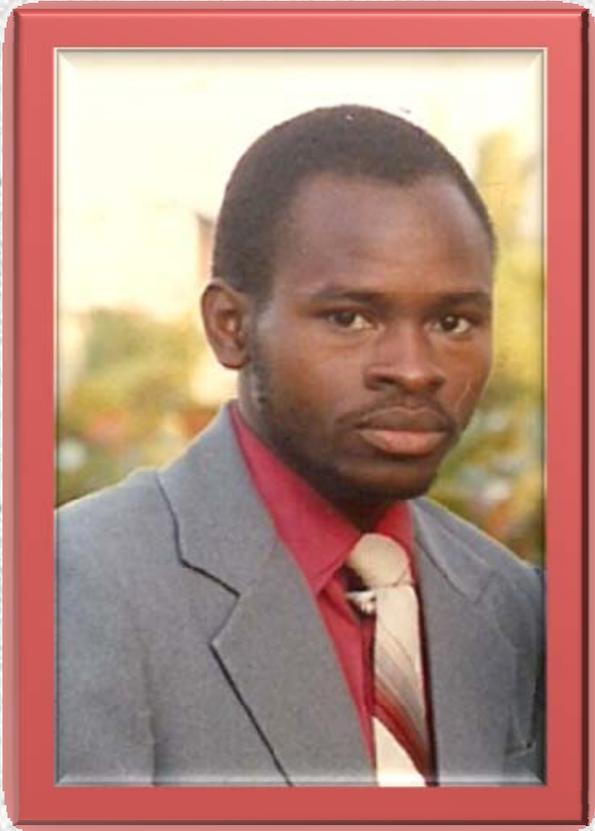
She loves her work and is happy for the opportunity to serve her country as a Public Servant.

# *GONE, BUT NOT FORGOTTEN*

## CHRISTOPHER STORR

30<sup>th</sup> January, 1961—25<sup>th</sup> July, 2010

**By Raquel Stubbs**



On Sunday, 25<sup>th</sup> July, 2010, Christopher Storr lost his life in a tragic drowning accident during the annual beach picnic with his Church family. The announcement of his death sent shock waves throughout the Cabinet Office and the Public Service at large.

On Sunday, 1<sup>st</sup> August, 2010, a grand service of praise and thanksgiving was held at the Centreville Seventh-Day Adventist Church to reflect on the life and legacy of Mr. Storr. His Pastor and other ministers hailed him as a brave, pleasant, reliable, trustworthy, honest, unique, nice, joyful, steady, stable and debonair man. Similar sentiments were expressed by Mrs. Anita Bernard, Secretary to the Cabinet, during her remarks, which referenced the impact of Mr. Storr's life on his colleagues and the wider Public Service.

After the remarks of the Secretary to the Cabinet, The Cabinet Office Choir sang "That Glad Reunion Day". This song was to give hope, consolation and comfort to all in attendance.

### ***Remembering Storr***

Mr. Storr was truly a reliable, responsible and a committed Public Servant, who performed his job with diligence and pride. He served The Bahamas Government for 25 years and during that time he always exhibited a spirit of excellence in work and attitude, which allowed him to excel to the level of Head Messenger.

Although Mr. Storr spent all of his working years with the Cabinet Office, his name and work ethic are known throughout the Public Service and his community— indeed this is commendable.

Mr. Storr had a special love for God and always expressed great commitment to his church. While he made the most of his life, he was cognizant of the fact that his stay on earth was only temporary. He made this quite clear, as his life was centred around building the Kingdom of God.

Many staff members described Mr. Storr as a jovial person. There was never a dull moment when he was around. If you were not feeling well or were having a bad day, he would lift your spirit through his unique sense of humour. No longer hearing his greeting and infectious smile we say ... what a great miss!

Mr. Storr was not married but based on his conversations with staff members about his attraction to certain women, there is no doubt that he was hoping to share in the institution of marriage. Unfortunately, time did not bring this to fruition.

Yes, Mr. Storr has left us physically, but the memories of his love, kindness, peace and patience will forever remain in our hearts.

## PHOTOS FROM STORR'S FUNERAL



The Secretary to the Cabinet presents Mrs. Glorian Storr with a unique Desert Rose in memory of her dear son Christopher Storr.



## MEET OUR TEAM OF LAW ENFORCERS

By **Bridget E. Hepburn**

In the Inaugural Issue of the Cabinet Files, we introduced our dynamic team comprising staff members of the various Departments/Sections. We now present to you a very special team of Police Officers of the Royal Bahamas Police Force (RBPF) who are committed to guarding our property and ensuring that the internal and external customers to the Churchill Building are safe, secured and comfortable at all times. They are the ones who warmly greet staff members upon arrival and wish them well when they depart. In addition to the above, the officers:

- welcome visitors and direct them to their desired Departments;
- ensure that Cabinet Ministers arrive and leave Cabinet meetings without being disturbed by members of the public;
- ensure that staff members who work late are escorted safely to their vehicles;
- provide police escort for the Permanent Secretary of National Security and the Secretary to the Cabinet to ensure their safe arrival at home during the nights; and
- maintain order in the immediate vicinity of the Churchill Building.

The manpower system of security in the Churchill Building is managed by Sgt. Danny Toussaint. It is his responsibility to inspire his officers to serve with a spirit of excellence. As leader of the team, his duties are as follows:

- to receive the Prime Minister, Deputy Prime Minister and Commissioner of Police;
- to act as Sergeant at Arms during Cabinet Meetings, thus monitoring who enters and leaves the Cabinet Room; and
- greet the Prime Minister and be with him at any event he may be attending in the immediate downtown area.

We are happy to have the Police Officers as an arm of the dynamic team of the Cabinet Office. They are the players who cause peace and order to prevail in the Churchill Building and Rawson Square.



SGT. 1423 Danny Toussaint  
Posted at the Churchill Building  
in October, 2009

Sgt. Danny Toussaint enlisted in the RBPF on 8<sup>th</sup> April, 1981. It was his love for TV Police and the professional uniform that inspired him to join the Police Force. When asked – what he liked about policing, he referenced investigations which he did for 20 years and functioning as bodyguard to foreign diplomats. Sgt. Toussaint's goal as a police officer is to pass on his experience to his 15 year old daughter who aspires to be a Force Forensic Chemist and his 6 year old son who wishes to be a Police Officer.

Sgt. Toussaint was recognized for identifying the most traffic offenders; solving a number of house and shop break-in matters; arm robbery arrest for Scotia Bank Wulff Road/East Street; and for receiving the highest medal for Police Officers – Galantry Award (i.e. an award signifying bravery).



**CPL 1401 Mike Carey**

**Posted at the Churchill Building  
in January, 2005**

Corporal Mike Carey enlisted in the RBPF on 15<sup>th</sup> November, 1988. His desire to make a worthwhile contribution to the society is what led him to the Police Force. Corporal Carey maintains that there is never a dull moment on the job. It is this view that motivates and drives him to perform with excellence daily. Corporal Carey's goal is to sustain this positive work ethic and help as many people as he possibly can.

Corporal Carey received an award for long service; medal for bravery; and commendation by the Commissioner of Police.



**CPL 951 George King**

**Served in the Churchill Building from  
June, 2007 to June, 2010**

**(now posted at the  
Central Police Station)**

Corporal George King enlisted in the RBPF on 3<sup>rd</sup> March, 1990. It is his childhood view of the positive image of Police Officers that encouraged him to join the Force. Corporal King finds fulfillment in his job, in that he is able to serve his country and contribute to making it a safe place to live, work and visit. It is his goal to develop himself and perform with excellence so that he can be a role model for others to follow.

Corporal King was awarded a Certificate of Thanks & Appreciation for his performance during the activities of the Miss Universe Pageant from 1<sup>st</sup> – 23<sup>rd</sup> August, 2009.



**CPL 1538 Raynard Woods**

**Posted at the Churchill Building**

**in July, 2008**

Corporal Raynard Woods enlisted in the RBPF on 25<sup>th</sup> June, 1990. His desire to help people and serve his country drove him to become a Police Officer. Corporal Woods finds it motivating to successfully deal with any situation he encounters on a daily basis. His goal as a Police Officer is to serve the members of the public in a respectful and diligent manner.

In 1991 he was nominated Officer of the Year for the Central Division. He was commended by the Commissioner of Police in 1996 for solving a break-in and recovering the items and for saving a hostage of a kidnapping situation.



**PC 3130 Deandro Thomas**

**Posted at the Churchill Building**

**in March, 2010**

Constable Deandro Thomas enlisted in the RBPF on 19<sup>th</sup> June, 2006. His love for TV police drama and movies motivated him to become a Police Officer. Constable Thomas likes his career because it allows him to interact with people; each day presents a different experience and challenge that he finds rewarding; and he is happy to serve his country through the enforcement of the laws of the land. Constable Thomas' goal is to be the best officer possible and to advance to the level of Superintendent of Police.



**PC 1366 Cedric Bullard, Jr.**

**Posted at the Churchill Building**

**in November, 2009**

Constable Cedric Bullard enlisted in the RBPF on 12<sup>th</sup> March, 2007. With the desire to protect and save lives, Constable Bullard joined the Police Force, an agency that provided the avenue for him to fulfill that dream. He finds pleasure in his job, as the responsibilities allow for there to be customer-client trust. It is his goal to climax his career as a top member of the Police Force.

Constable Bullard was named officer of the month while serving at the Tourism Police Station.



**PC 3212 Julius Marshall**

**Posted at the Churchill Building**

**in March, 2010**

Constable Julius Marshall enlisted in the RBPF on 13<sup>th</sup> November, 2007. He believes that we were put on this earth to serve and it is this premise that inspired him to join the Police Force. Constable Marshall finds his job satisfying, in that, he is able to provide hope for hurting people and fulfill the confidence held in him as a Police Officer. Constable Marshall faces many challenges on the job, nevertheless, he welcomes them, as each experience makes him a better officer.

Constable Marshall aspires to successfully pass all exams required for elevation and progress through the various ranks of the RBPF. He also hopes to create or support a televised series titled "Supporting and Confronting the Police". Such a programme will broaden the public's understanding of the role of Police Officers.

# LAUNCH OF THE CABINET FILES

By Michael Humes

## “...And We’re Off and Running!”

On Monday, 6<sup>th</sup> September, 2010 **The Cabinet Files**, the Cabinet Office’s Inter-Agency News Magazine, was officially launched. The ceremony marking the event was a brief but impressive one.

A brain-child of Secretary to the Cabinet, Mrs. Anita D. Bernard, the Cabinet Files was initially intended to share information on a number of levels among the staff of the Cabinet Office and its Departments, namely, the National Emergency Agency (NEMA), Government Printing, Government Publications, The Public Disclosure Commission, The Senate and The House of Assembly. However, as a result of the enthusiasm and excitement generated among staff as well as the wider Public Service, what was conceived as a “newsletter” has expanded to a “news magazine” to capture vital information of the entire Public Service.

Chairperson for the launch ceremony was Mrs. Anita V. Beneby, Deputy Permanent Secretary at the Cabinet Office. Her brief introductory remarks provided a fitting backdrop for the morning’s occasion and was appropriate for listing the schedule of speakers who were to follow, namely Miss Bridget E. Hepburn, Mr. John Fleet, and our own Mrs. Anita D. Bernard, Secretary to the Cabinet.

In brief remarks and prior to introducing Mr. John Fleet, Managing Editor of **The Tribune**, Miss Bridget E. Hepburn, Managing Editor of **The Cabinet Files**, gave an overview of the various tasks involved in the production of the publication, and then she went on to offer her thanks and appreciation to all who contributed to the finished product.

Mr. John Fleet was invited by the Secretary to the Cabinet to serve on a three-panel committee, comprising himself, Chairman, Permanent Secretary Harrison Thompson and Deputy Permanent Secretary Antoinette Thompson from the Department of Public Service to judge entries submitted in the competition to select a name and a motto for the new publication. Mr. Fleet explained the selection process involved in each category of the competition and Miss Bridget E. Hepburn announced the winners. Two entries, one in each category, submitted by two officers from the Cabinet Office were selected as winners. Mr. Lernex Williams, Senior Transport Officer was awarded the prize for having submitted the winning title, **The Cabinet Files**, while Mr. Michael Humes, First Assistant Secretary won the prize for the winning motto: **Many Players, One Team**.

The Secretary to the Cabinet, in her brief remarks, spoke about the evolutionary process involved in creating **The Cabinet Files**, after which she noted with thanks and appreciation the contribution made by the entire staff of the Cabinet Office and its sub-agencies. She went on to thank the panel of judges. Before concluding her remarks, she extended congratulations to contest winners.



The launch of the news magazine is proof positive of the remarkable effect that a single event can have on the staff of an institution. To a greater or lesser extent there is a distinct possibility that both past and future events at the Cabinet Office will be referenced as having happened either before or after the launch of **The Cabinet Files**. **The Cabinet Files** is “Off and Running”.





# Public Service Week Tea Party

By Barbara Reckley

Sunday, 19<sup>th</sup> September, 2010 was a day of tea, sweets, hats and fashion... The First Public Service Week Tea Party was held at the Poinciana Hill Complex.

The venue selected for the event was ideal for public officers to share their talents for this table setting competition and fashion show. The various ministries and departments were well represented; among them was the Cabinet Office.

The theme “Many Players, One Team” was truly presented with Cabinet Office’s elegant settings of

different cups and saucers that signify staff of a dynamic team. The table setting displayed how different individuals made their contribution to this vibrant team.



The dedication and hard work of the organizers, Miss Elise Delancy, Mrs. Barbara Reckley and Mrs. Eleanor Davis caused the Cabinet Office to receive Honorary Mention in the competition.

This unforgettable tea party was certainly a high quality one with music provided by the Royal Bahamas Police Band and the energetic, entertaining mistress of ceremony Ms. Zelrona Mackey. It is promised that next year, the Cabinet Office will make it even better in order to capture the winning spot.



# 2010 SUMMER STUDENTS PROGRAMME

**By Bridget E. Hepburn**

The Bahamas Government Summer Students Programme is one of the most anticipated programmes of the Government. Despite a challenging economy, the Cabinet thought it appropriate to approve the release of funds, thus allowing government Ministries and Departments to employ hundreds of students in two sessions of four weeks each. \$18,000 was allocated for the Cabinet Office to pay students as follows:

College students	-	\$175.00 per week
BGCSE	-	\$150.00 per week
BJC	-	\$125.00 per week
Non-qualification	-	\$100.00 per week

The Cabinet Office began accepting applications in April, 2010 and ended in June, 2010. A total of 90 applications were received, however, only 30 were employed. Applicants were selected based on the need for their skills, their areas of interest and, in the case of students who had previously worked with the Cabinet Office, on the assessment of their performance.

The overall objective of our Summer Students Programme was to provide a structured training environment to educate, motivate and stimulate the youth of our nation to prepare them for the workforce of tomorrow.

The Summer Programme was officially opened on Monday, 5<sup>th</sup> July, 2010 at 9:00 a.m., with a formal orientation session. The Secretary to the Cabinet addressed the summer students on a personal level, where she referenced the importance of pride and confidence in self and work, enthusiasm and commitment to duty, and innovation and integrity in pursuing their chosen careers. She further advised students that they should always display a professional image. With that view, she encouraged them to give attention to physical appearance, self-control, self-discipline, deportment/behaviour, attitude and how they present themselves verbally. The Secretary to the Cabinet welcomed the students to the halls of the Cabinet Office and challenged them to learn as much as possible about the areas to which they were posted.

# SUMMER STUDENTS' TRAINING SEMINAR

On Thursday, 29<sup>th</sup> July, 2010 at 12:00 noon, the Cabinet Office hosted a half day training seminar for the summer students, under the title "Enhancing Your Professional Image." Our presenters were Miss Nicola Clarke, Training Officer of the Public Service Centre for Human Resource Development (PSCHRD) and Mr. Stephen Dean, Superintendent of the Royal Bahamas Police Force (RBPF). They addressed the topics "You and Your Attitude" and "Conflict Resolution", respectively.



Miss Nicola Clarke  
Senior Training Officer, PSCHRD



Mr. Stephen Dean  
Superintendent (RBPF)

During the lunch break, the staff members of the Cabinet Office treated the summer students to a nice healthy lunch.

As we climaxed the seminar, they had the opportunity to provide feedback on their work experience. Those responses were as follows:

- The staff members were very cordial, they made me feel comfortable.
- My supervisor was so good, I looked forward to coming to work.
- Staff members made working a fun-filled experience.
- My knowledge was greatly expanded through clipping newspaper articles.
- There was never a boring moment at the Cabinet Office.
- I learnt quite a bit about the history of the Public Service.
- I learnt about the Role of The Cabinet Office and its Departments.
- I learnt how to update laws.
- The staff members of the Cabinet Office and its Departments are diligent workers – KB's song does not apply to them.
- Time went by so quickly because we were kept busy.
- Staff members always had encouraging and motivating words.



During the feedback session, note was taken that the majority of students were able to summarize the role of the sections where they were posted. That was most satisfying, as it was our mission to ensure that students left the Cabinet Office having full knowledge of their assigned areas.



# MEET OUR ASPIRING SUMMER STUDENTS

*Dianna Alteme*



**School/College:** Recent graduate of the Great Government High School.

**Career Interest:** Hospitality Management.

**Aspiration:** To become a Chief Executive Officer at a hotel or in the tourism industry.

*Christina Anderson*



**School/College:** The College of The Bahamas.

**Career Interest:** Nursing.

**Aspiration:** To specialize in a variety of fields in Nursing; particularly Physical Therapy the first of which I am currently considering.

*Edrena Anderson*



**School/College:** The Bahamas Technical and Vocational Institute.

**Career Interest:** Office Administration.

**Aspiration:** To work in the translation department within The American Embassy.

*Tamecia Bailey*



**School/College:** Nassau Christian Academy.

**Career Interest:** Culinary Arts.

**Aspiration:** To own a restaurant and catering company.

*Ceja Braynen*



**School/College:** Nassau Christian Academy.

**Career Interest:** Accountant.

**Aspiration:** To become who God has destined me to become and to become a successful producer.

*Yvette Brown*



**School/College:** The College of The Bahamas.

**Career Interest:** Nursing.

**Aspiration:** To become a Nurse Practitioner and upper level Registered Nurse.

*Laura Charlton*



**School/College:** University of Houston.

**Career Interest:** Graphic Design and Photography.

**Aspiration:** To become a graphic designer and photographer.

*Keneisha Clarke*



**School/College:** The College of The Bahamas.

**Career Interest:** Biology/ Chemistry.

**Aspiration:** To become an emergency room doctor and open my own hospital.

*Sinead Colebrooke*



**School/College:** Peachtree Ridge High in Suwanee, Georgia.

**Career Interest:** Accountant.

**Aspiration:** To become a C.P.A.

*Omarinique Davis*



**School/College:** Bahamas Academy.

**Career Interest:** Teacher.

**Aspiration:** To pass all seven B.G.C.S.E. in the eleventh grade so that I may obtain a scholarship to attend The College of The Bahamas to study Education (Early Childhood).

*Lashanda Deleveaux*



**School/College:** The College of The Bahamas.

**Career Interest:** Accounting.

**Aspiration:** To become a C.P.A. and open my own accounting firm.

*Shakira Farrington*



**School/College:** The College of The Bahamas.

**Career Interest:** Physical Education.

**Aspiration:** To become a Teacher.

## Verlea Farrington



**School/College:** Recent graduate of C.V. Bethel Senior High School

**Career Interest:** Massage Therapy

**Aspiration:** To become Certified in Massage Therapy.

## Alexandria Galanis



**School/College:** University of Richmond

**Career Interest:** Computer Science/Engineering

**Aspiration:** To become a successful engineer.

## Jade Hepburn



**School/College:** The College of The Bahamas

**Career Interest:** Psychology

**Aspiration:** To start my own private practice.

## Brian Jennings



**School/College:** The Bahamas Technical and Vocational Institute.

**Career Interest:** Military Service

**Aspirations:** To become a Royal Bahamas Defence Force Officer and a Musician.

## Mekell Nairn



**School/College:** Omega College.

**Career Interest:** Accounts/Finance.

**Aspiration:** To open my own dance school.

## Dashanique Oliver



**School/College:** C.V. Bethel Senior High School graduate.

**Career Interest:** Marine Biology, Psychology and Pre-Med.

**Aspirations:** To be accepted and attend Allen College abroad or Nova Southeastern University.

## Tenisha Penn



**School/College:** University of Houston (Texas).

**Career Interest:** Nursing.

**Aspiration:** To become a nurse specializing in pediatrics and prenatal care.

## Lakeisha Rolle



**School/College:** The College of The Bahamas.

**Career Interest:** Economics and Finance.

**Aspiration:** Uncertain as to what I would like to do when I obtain my degree but looking at either working in the banking industry or teaching.

## Phillippa Sands



**School/College:** Trinity University at San Antonio, Texas.

**Career Interest:** Doctor.

**Aspiration:** To work in the Health Care field.

## Brittney Sherman



**School/College:** The College of The Bahamas.

**Career Interest:** Architectural Design.

**Aspiration:** To own my own architectural practice.

## Dorriisa Smith



**School/College:** Recent graduate of Mt. Carmel Prep. Academy.

**Career Interest:** Forensic Science.

**Aspiration:** To have my own orphanage.

## Anastacia Stubbs



**School/College:** Aquinas College.

**Career Interest:** Meteorology

**Aspiration:** To become a Scientist.

*Ryan Stubbs*



**School/College:**  
Recent graduate of  
C.V. Bethel Senior  
High School.

**Career Interest:**  
Civil Engineering.

**Aspiration:** To  
make a difference  
in the world  
through  
engineering.

*Rothario Williams*



**School/College:**  
C.V. Bethel Senior  
High School.

**Career Interest:**  
Marine Biology.

**Aspirations:** To  
become a Marine  
Biologist, game  
designer, comic artist  
and a cartoonist.

*Brett Wright*



**School/College:**  
Success Training College.

**Career Interest:** Electronic  
Engineering.

**Aspiration:** To become an  
Electronic Engineer.

*Walden Young*



**School/College:** C.V. Bethel  
Senior High School.

**Career Interest:** Teacher,  
Musician, Pressman  
(printing).

**Aspiration:** To become a  
businessman, musician and  
teacher.



*Alexis Taylor*

**School/College:** Bahamas  
Technical and Vocational  
Institute (BTVI)

**Career Interest:**  
Business Teacher.

**Aspiration:** To complete  
the Business Programme  
at BTVI and then pursue  
further studies in  
Education at the College  
of The Bahamas.

In addition to the listed students, we had Chico Minnis and Rickesh Taylor who were posted in the Cabinet Office Accounts Unit and The Senate, respectively; they opted not to be represented in photo.

The summer programme ended on Friday, 27<sup>th</sup> August, 2010.



# THE NATIONAL EMERGENCY MANAGEMENT AGENCY

## TSUNAMI !!!

### SAFETY TIPS FOR THE BAHAMAS

#### **What is a Tsunami?**

A tsunami (Soo-nah-mee) is a series of travelling ocean waves of extremely long length. These generally appear as a large, steep wave face and produce rapid flooding of low-lying coastal areas. These are generated by disturbances associated primarily with earthquakes occurring below or near the ocean floor. This can be generated by landslides, both above and beneath the surface of the ocean.

It may take minutes or hours for tsunami waves to impact the coasts of The Bahamas following an earthquake in the region or far out on the other side of the Atlantic Ocean. The Department of Meteorology and the National Emergency Management Agency (NEMA) will make every effort to notify all. Some isolated areas may not receive official announcements. If you notice a sudden drop or rise in sea level, it may be a warning of impending danger. Move to high ground or inland immediately.

The waves can kill and injure people and cause great property damage where they come ashore. The first wave is often not the largest and may be spaced many miles and minutes apart. They may also continue to come for several hours.

The most destructive tsunami can be classified as local or regional, meaning their destructive effects are confined to the coasts within 60-600 miles of the source usually an earthquake.

#### **Where and when do Tsunamis occur?**

Tsunamis can inflict severe damage to property and pose a threat to life in coastal communities. Although most people imagine a tsunami as a large, steep wave breaking on the shore, tsunamis generally appear as an advancing tide without a developed wave face and produce rapid flooding of beaches open to the ocean, low-lying coastal areas, bay entrances or tidal flats, and the shores of coastal rivers. Tsunamis can occur at anytime of the day or night, under any and all weather conditions, and in all seasons.

#### **How do I know when to evacuate?**

- A strong off-shore earthquake may generate a tsunami. Therefore, if you feel the ground shake, evacuate inland or to high ground immediately and return only after officials say it is safe to do so.
- During distance source tsunami events, the Meteorology Department and NEMA will advise citizens and visitors to evacuate by making an announcement on all local radio and cable broadcasts. Compliance is voluntary, but orders are given only in the most serious of circumstances.

#### **Where do I evacuate?**

Go to an area 50 ft. above sea level, if possible. If you don't have time to travel to high ground, but are in a multi-storey building, go to an upper level of the home or building. If you are on the beach and unable to get to high ground, go inland as far as you can. Take your disaster supply kit with you, if possible. Shelters will be opened as needed. Listen to your radio for details. Pets are not allowed at emergency shelters so please plan ahead for their safety.



### **How do I get inland or to high ground?**

Go on foot if necessary, particularly if an earthquake has caused damage to roads, power lines resulting in significant debris.

#### **REMEMBER:**

- Never go to the coast to watch a tsunami. Tsunamis move faster than a person can run. If you are near the beach, you may have to abandon the area and go inland or to higher ground to save your life.
- Do not return to the shore after the first wave. Wait for Emergency Management officials to give the “All Clear” before you return.
- If you see an unexpected rise or fall in the coastal water, a tsunami may be approaching. Do not wait – instead, move inland or uphill as quickly as possible.
- Stay tuned to your radio during a disaster. Regular bulletins will be issued through the local Emergency Management Officials and the Meteorology Department.
- Call 919 for life threatening emergencies only.

### **What should I do if an earthquake occurs while at the coast?**

- Drop, cover and hold. Get under a sturdy object and hold on. Watch for falling objects.
- As soon as the shaking is over, move to higher ground or inland. Do not wait for an official warning.
- Stay away from the coast as waves may continue to come for hours.
- Listen to your local radio station for an official “All Clear” notice before returning to the coastal area.
- Be alert for aftershocks.

### **What can I do to protect myself from a Tsunami?**

- Develop a family disaster plan. Everyone needs to know what to do on their own to protect themselves.
- Be familiar with local Emergency Management disaster plans. Know where to go to survive a tsunami.
- Be prepared to survive on your own for a minimum of 2-3 days.
- Prepare a disaster supply kit for your home, automobile and work. A list of recommended supplies for your kit is available.
- Take a first aid course and learn survival skills. Knowledge is your greatest defense against potential disasters.

### **Community Plans**

Residents, who may be impacted by tsunami activity, but do not have an “official” route or congregating area within a reasonable distance, are urged to work together to develop an evacuation plan within their neighbourhood or community. A plan should address property access and private property issues, safe evacuation routes within reasonable distance for foot or vehicular traffic, and what might be expected in terms of numbers of people needing to access a locally organized congregating area.



# EARLY WARNING SIRENS AND EMERGENCY NOTIFICATION SYSTEMS

By Stephen Russell

In the aftermath of the January 12<sup>th</sup>, 2010 earthquake in Haiti and the subsequent tsunami warning that was issued for The Bahamas, as well as the March 29<sup>th</sup> Tornado in Grand Bahama, it became necessary for the National Emergency Management Agency to review the alert and warning systems in The Bahamas in order to notify as many persons, as quickly as possible, and at any time of an impending event. To that end, an early warning siren, and an emergency notification text message systems have been initiated.

The Government of The Bahamas has given approval for the Agency to procure the first Early Warning Siren to be placed in one of the more densely populated areas of Grand Bahama, and after installation and testing, additional units will be secured to allow for maximum coverage on the island. The system is now being procured through Vashti Communication and is now being built in the United States, and should be installed by mid January, 2011. A similar system will be considered for Great Inagua during 2011 and other islands of The Bahamas gradually.

In addition to the siren system, NEMA has conducted an initial test of its Emergency Notification System. The Bahamas Telecommunications Company Ltd. (BTC) was provided with the list of ninety-five (95) cell phone numbers of senior government officials, members of the Disaster Management Committee, and Family Island Administrators. A text message was sent to all simultaneously, and all were required to return a call to NEMA's office. The initial test was a success.

NEMA has now invited all Family Administrators to submit the names and numbers of at least five (5) members from the Disaster Consultative Committees from each district to be added to the emergency notification list. It is intended to have 250 names and numbers on the list by the end of November, 2011. BTC has provided 1000 spaces at this time, and the Agency will seek to utilize all of those spaces to ensure that persons from all sectors of The Bahamas are notified in a timely manner of an impendent emergency or event.

# CABINET OFFICE CAR WASH

By Reno Williams

The Cabinet Office Social Club/Fundraising Committee is aggressively pursuing social activities to generate funds for the staff Christmas Party. The goal is to raise sufficient funds so as to reduce staff members' contribution to the party. The committee wishes for all to buy into the vision and get on board and support the upcoming events. While we are committed to raising funds, our mission is also to create an environment for staff members to socialize and interact more closely with each other.



The first event was a Car Wash, held on Saturday, 25<sup>th</sup> September, 2010 from 9:00 a.m. to 7:00 p.m. It was certainly a pleasure to see staff members take off their professional hats, and put on their cleaning gear to totally detail vehicles of all sizes and models. Every customer left completely satisfied, horns blowing and begging for an encore.

We made good on our first fundraising activity and believe that this is the beginning of a prosperous initiative. **GET ON BOARD AND REAP THE BENEFITS.**



# THE CABINET OFFICE PROMOTES HEALTHY LIFESTYLES

## “WELLNESS WEEK”

By Rita Darling

In an effort to promote healthy lifestyles and in observance of the Ministry of Health's 2010 Caribbean Wellness Month, the staff of the Cabinet Office and its various departments celebrated Wellness Week during the week of 27<sup>th</sup> September, 2010 to 1<sup>st</sup> October, 2010 under the theme Enhancing Productivity Through Healthy Lifestyles.

The following activities were held to encourage the staff to adapt a healthier lifestyle:

- Vegetables and Fruits Day
- Pack Your Lunch/Low Salt and Sugar Day
- Salad Wednesday
- Lunch time talks
- Mini Health Fair

During the week, the staff were also encouraged to walk the stairs and drink 6 to 8 glasses of water a day.

The lunchtime talks were very informative. The presenters were Dr. Anne Rolle, National Technical Coordinator of the Healthy Lifestyle Secretariat in the Department of Public Health, and Dr. Dwight A. Marshall, Chiropractor of the ProActive Chiropractic & Wellness Centre.

Dr. Rolle presented on the topic “The Importance of a Healthy Lifestyle.”

Dr. Rolle indicated that it is important to adapt a healthy lifestyle to prevent diseases such as breast cancer, heart diseases, diabetes and other chronic diseases, which risk factors are high blood pressure, high blood cholesterol, overweight/obesity, physical inactivity, and smoking. Staff members were encouraged to maintain good health by aiming for fitness through:

- Physical activities
- Eating a balanced meal
- Good mental health
- Spirituality
- Good emotional health
- Positive social activities



Dr. Rolle informed the staff that too many people make poor lifestyle choices such as eating unhealthy foods and getting limited or no exercise at all, which can lead to:

- the development of chronic diseases such as hypertension and diabetes;
- decreased quality of life;
- financial strain on the individual and his/her family; and
- other health complications and even early death.



The staff were told that everyone has some sort of health problem, whether it's not eating healthy, lack of exercise or sleep, drinking, smoking, or even some type of genetic condition. They were further advised to build a healthy lifestyle by either forming an exercise club, or simply exercising and eating a balanced meal.

Dr. Anne Rolle left the staff with food for thought...it is far more cost-effective to prevent the consequences of an unhealthy lifestyle than to treat illness and diseases.

Dr. Dwight Marshall, Chiropractor presented on the topic “Spinal Hygiene and Ergonomics”, which most of the staff found very interesting and were anxious to learn about. His presentation was facilitated through live demonstrations and was more of a hands-on approach. Dr. Marshall informed that chiropractic is a complete system of healthcare focused on restoring, preserving, and optimizing health by natural hands-on care. It’s a therapeutic system based primarily upon the interactions of the spine and nervous system. This method of treatment is mostly to adjust the segments of the spinal column. He also demonstrated what is likely to happen when one of the spinal bones is out of position.



Office ergonomics (the study of how a workplace and the equipment we use can best be designed for comfort, efficiency, safety, and productivity) caught the attention of the staff. Many persons had questions and concerns about their workstations and, of course, pain felt in the back. In fact, one officer shared her method for temporarily relieving back and neck pains, which was simply just cracking the bones in the neck and back. Dr. Marshall emphasized that many back and neck pains are the result of our workstations; the chairs that we spend countless time sitting in and the desks that we seldom move from to exercise throughout the day.

Some ergonomic factors highlighted were:

- Use a swivel chair that has 5 feet. The height of the chair should be adjusted so that your feet rest comfortably on the floor. Adjusting your chair correctly can help with maintaining proper posture.
- If using a computer, the monitor should be arm’s length away. The top of the screen should be at eye level or just below so that you are able to look down at a slight angle at your work.
- Your desk area should be deep enough to hold your monitor at the appropriate distance and to place the work tools you use often, directly in front of you. Have all your work tools where they can be reached without overreaching. Stand to get things that are not near the work area.
- When typing you should be able to have your forearms close in a horizontal position and your wrists straight when using the keyboard. Therefore your hands should not be bent up, down, or to either side in relation to your forearms.
- If your work area has been arranged properly, a wrist rest is not needed.
- Your mouse should fit the size of your hands so that it is comfortable to work with.
- The telephone should be positioned so that you can perform simple tasks such as taking notes or a message, without having to twist or cradle the telephone on your shoulder.
- Laptop computers were made for short term or mobile use. Try not to use them at an unsuitable height.
- Maintaining good posture is very important. Dr. Marshall encouraged the staff to change posture frequently in order to minimize fatigue. He stated that it is good to take short, frequent breaks to move around and to mix up your tasks during the day. Stretching your neck, shoulders, wrists, back, and ankles several times a day was also recommended.



The staff was able to capture what the presenter was saying by observing the free 5 minutes back screening that Dr. Marshall performed on a very enthusiastic volunteer. During the screening, he was able to detect whether the volunteer might have had any pressure points that produced back pains. He then indicated how a Chiropractor would be able to restore a painful back to good health.

All staff members in attendance were offered a more detailed free scanning at Dr. Marshall’s office located on Rosetta Street.

The highlight of the Wellness Week was the mini fair, which was held on 1<sup>st</sup> October, 2010 for staff of the Cabinet Office (including staff of the House of Assembly and Office of the Leader of the Opposition), and 4<sup>th</sup> October, 2010 for staff of the Government Printing Department. Health screenings provided were:

- ⇒ Glucose testing
- ⇒ Cholesterol testing
- ⇒ Weight and height measurements
- ⇒ Blood pressure monitoring



Overall, the week was a success and the staff was pleased with the information received from both presenters. The staff committed to adapting healthier lifestyles.

The Staff of the Cabinet Office and its Departments maintain that a Healthy Staff is a Productive Staff.

The Cabinet Office publicly thanks the staff of the Healthy Lifestyle Secretariat in the Department of Public Health and its fine group of nurses for the professionalism, care and patience shown in the delivery of services during the mini health fairs. Finally, but by no means least, we thank the managers of Caribbean Bottling Company for donating ten cases of water to promote drinking water daily, during our “Wellness Week”.



Cabinet Office  
Mini Health Fair



By Stephen Russell

Staff members of the Cabinet Office and its Departments maintain that a “Healthy Staff is a Productive Staff.” On that basis, a fun walk was held on Saturday, 2<sup>nd</sup> October, 2010, at 6:00 a.m. to provide physical vitality for the body and to raise funds through sponsors for activities of the Cabinet Office. After the routine stretching, which was facilitated by Reno Williams, participants departed the Cabinet Office parking lot, travelled east along Bay Street to the old Paradise Island Bridge, South along Mackey Street to Shirley Street, West along Shirley Street to East Street, North along East Street, cross Bay Street, and back to the Cabinet Office parking lot.

The fun walk was well organized by the National Emergency Management Agency. There were police and medical personnel present every step of the way, to ensure safety and good health, as staff and friends of the Cabinet Office walked.

Following the walk, a souse-out was held in the parking lot. This provided mental vitality, as participants had the opportunity to communicate

with each other in a quiet, cool and relaxed atmosphere.

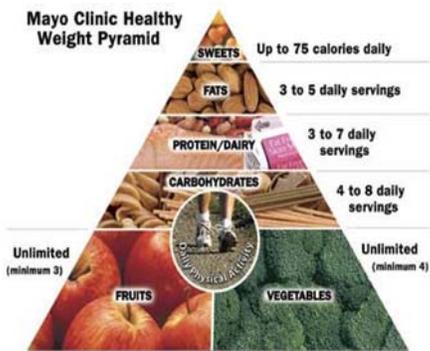
THE CABINET OFFICE FED THE LESS FORTUNATE AND FREQUENT VISITORS TO RAWSON SQUARE

During the souse-out, staff of the Cabinet Office were delighted to feed the less fortunate and frequent visitors to Rawson Square. They were quite happy to be recognized and served with dignity and pride.



# CABINET OFFICE STAYING FIT





# Lighten Up & Live Healthy

## A Healthy Weight for a Healthy Life

By Adema Penn, Camelta Barnes and Melissa Underwood—Nutritionists from the Department of Public Health/Ministry of Health

What is this obesity everyone is talking about? Is it a disease? Is it the same as being fat? What's wrong with a little extra body fat? After all, it just means that you are very "prosperous". But in this case, prosperity can be deadly!

### Obesity

Obesity occurs when the size or numbers of fat cells in a person's body increases. When a person gains weight, the fat cells first increase in size and later in number. Overweight and obesity causes the development of diabetes and contribute to high blood pressure, high cholesterol, and even cancer.

### The Perfect Body Weight

Many of you when thinking of body weight tend to think, aesthetics. For example you focus on what you look like in your clothes and you strive to achieve that hour glass body shape or that lean look of a super model or muscled look of a weight lifter. It's no wonder the manufacturers of weight loss products, and books have achieved such a booming financial success. People are moving from one weight loss scheme to the next in search of the perfect body weight. Of course, there is nothing wrong with wanting to look good and feel good about you. But the down side to this is when people are unable to achieve and maintain these unrealistic body weights they tend to give up and their weight sky rocket out of control.

The focus should be on obtaining and maintaining a healthy body weight.

### What is a Healthy Body Weight?

A Healthy weight is neither underweight nor overweight, but is a range that is linked to good health. One way to determine this is through the calculation of your body mass index or BMI. BMI is a measure of body fat based on your weight and height. **(BMI equals a person's weight in kilograms divided by height in meters squared. (BMI=kg/m<sup>2</sup>).** It helps to evaluate whether you are at risk for health problems associated with being overweight or obese.

Bear in mind however, BMI is only a guideline. It is not the only measure for good health. It may not be appropriate for every one, including young children, pregnant women, the frail, elderly and trained athletes. For example, muscle weighs more than fat, so a very muscular person may have a high BMI, which may seem to be unhealthy. In the same way, a sedentary or inactive person may fall within a healthy BMI range but may be flabby and out of shape. In other words, consider BMI as just one measure of your lifestyle. Nonetheless, it paints a fairly good picture of one's health status.

### Determining Your Body Mass Index (BMI)

The table below has already done the math and metric conversions. To use the table, find the appropriate height in the left-hand column. Move across the row to the given weight.

BMI (kg/m <sup>2</sup> )	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

<b>Risk of Associated Disease According to BMI and Waist Size</b>			
<b>BMI</b>		<b>Waist less than or equal to 40 in. (men) or 35 in. (women)</b>	<b>Waist greater than 40 in. (men) or 35 in. (women)</b>
<b>18.5 or less</b>	<b>Underweight</b>	-	<b>N/A</b>
<b>18.5 - 24.9</b>	<b>Normal</b>	-	<b>N/A</b>
<b>25.0 - 29.9</b>	<b>Overweight</b>	<b>Increased</b>	<b>High</b>
<b>30.0 - 34.9</b>	<b>Obese</b>	<b>High</b>	<b>Very High</b>
<b>35.0 - 39.9</b>	<b>Obese</b>	<b>Very High</b>	<b>Very High</b>
<b>40 or greater</b>	<b>Extremely Obese</b>	<b>Extremely High</b>	<b>Extremely High</b>

What is your BMI? Did you fall within a healthy weight range? If you fell within the increased risk to extremely high risk for associated disease, it is time that you take action. Reducing your body weight by just ten percent and keeping it off, is enough to lower your risk for many diseases.

#### **What is a Healthy Body Weight for You?**

Imagine looking in a magazine and seeing a person having what you feel is the perfect body size. Even though your body structure, your height or even your race is completely different, you decide that it is the weight you want to be. We are not all meant to be the same weight or shape. The so-called “ideal body image” you see on television and in magazines is not an appropriate goal for most people. Your healthy weight is a range that suits you best and reduces your risk factor for certain diseases.

Some people believe they are overweight or obese because “it runs in the family”. Albeit, your gene factor is partly responsible for your weight, shape and body composition. If members of your family are large despite relatively healthy habits, pushing yourself to be “thin” may be unrealistic and even unsafe. On the other hand, overweight that seems to run in a family is sometimes not inherited at all but due to similar inactive lifestyles and overeating patterns. In other words, “overweight runs in the family pot”. Work on changing the habits and patterns that have been encouraged all your life. This can be a challenge, but a challenge you can win.

Your body shape can also be used to evaluate your health risks. If you are shaped like an “apple” (excess body fat carried around your belly and waist) your risk for cancer, diabetes and heart disease is greater than if you are shaped like a “pear” (excess weight carried below your waist). For people with an apple shape, having a lifestyle that allows for weight loss is particularly important.

What is important to remember is that genes alone do not decide your weight destiny; lifestyle can make an essential difference in your weight and in your health. If you have had difficulty losing weight and keeping it off in the past, it may be that you set your target weight too low. Remember, reducing your body weight by just ten percent and keeping it off, is enough to lower your risk for many diseases. A healthy weight range for you is when you fall within the normal BMI level. Eat a nutritious diet, exercise regularly, avoid smoking and excessive drinking and you are well on your way to good health. Focus on making your lifestyle a healthy one instead of on just losing weight and you will help yourself lead a fuller, healthier and happier life. Losing weight can be one of the added benefits.

# Back Health

By Dr. Dwight Marshall  
Pro-Active Chiropractic & Wellness



## What is Chiropractic?

Chiropractic is a complete system of healthcare focused on restoring, preserving, and optimizing health by natural hands-on care.

Where conventional or "allopathic" medicine focuses on curing illness through surgery and pharmaceuticals, the goal of chiropractic is to optimize health with a non-invasive approach that does not use drugs or surgery. Chiropractic's primary avenue of care is manipulation of the spine and the framework of the body.

The spine is an important structure that houses and provides protection for the spinal cord, while providing mobility for the upper body. This dual requirement of strength and flexibility makes the spine a very complex structure, with multiple joints at each spinal segment (the vertebrae) forming the spinal column.

When these joints (also known as articulations) are not positioned or functioning normally, it can affect the nerves exiting the spine. Chiropractic care attends to irritations along the spine by manually repositioning these joints. This is a chiropractic "adjustment."

The word "chiropractic" comes from the Greek words *cheir* (hand) and *praxis* (action), and simply means "done by hand." Note that the word "chiropractic," while a bit awkward, is the actual name of the profession. A chiropractor practices chiropractic (not chiropracy, chiropractics, or even chiropractic medicine).

Chiropractors are licensed professionals who are trained to diagnose and appropriately care for or refer patients for the care they require. Accordingly, they continually assess their patients from dual perspectives, asking: What might I do for you, as well as, what might you also need today beyond my abilities?

Chiropractic patients often visit their chiropractor periodically in order simply to relieve irritations - to get "adjusted." Individuals also seek chiropractic care for back pain, headaches, joint pain, carpal tunnel syndrome, tendonitis, sprains, as well as non-musculoskeletal conditions including allergies, asthma, and digestive disorders. Some chiropractors further specialize in orthopedics, sports injuries, neurology, pediatrics, nutrition, internal disorders, or diagnostic imaging.

What is the underlying philosophy? Due to its focused hands-on attention to the spine, the profession is often thought of by its tools and by its avenue of care. Chiropractic, however, is not just about manual care of the spine, although it has certainly built a reputation caring for that often troublesome piece of anatomy. In chiropractic, care of the spine and nervous system (which is of fundamental importance in human health) is the way to optimize the health of the whole human system and not just a means to relieve back complaints.

A basic philosophy of chiropractic is that the body naturally seeks the proper balance among all the systems of the body, and that these systems are meant to work together. A second basic principle is that proper structure is necessary for proper function. If a structure is impaired by injury or stress, its function can be adversely affected.

For example, when our spine (structure) is not positioned normally, it can irritate the nerves exiting the spine. And when spinal nerves are irritated, they don't function normally and can affect the function of the tissues they interact with. This "end-organ" effect is the central interest in chiropractic care. The relief of localized discomfort at the point of irritation is also an objective of care. Thus chiropractic focuses on the integrity of the spine and its surrounding tissues as a means to enhance normal human function and health.

***So take care of your back and it will take care of you!***

# "EDUTAINMENT" CORNER

Downtown Comic by Gerard Brown, aka Big Guy Bubba



## HUMOUR

A new pastor was visiting the homes of his parishioners. At one house it seemed obvious that someone was at home, but no answer came to his repeated knocks at the door.

Therefore, he took out a card and wrote Revelation 3:20 on the back of it and stuck it in the door. When the offering was processed the following Sunday, he found that his card had been returned. Added to it was this cryptic message, Genesis 3:10.

Reaching for his Bible to check out the citation, he broke up in gales of laughter. Revelation 3:20 begins "Behold, I stand at the door and knock. Genesis 3:10 reads, "I heard your voice in the garden and I was afraid for I was naked".

"A cheerful heart is good medicine..." (Prov. 17:22)

## INCREASE YOUR VOCABULARY WITH OXFORD'S DICTIONARY:

### *"Proficient"*

Pronunciation: pro.fi.cient

Definition: "Doing something correctly and competently through training or practice; skilled."

Part of Speech: Adjective

### *"Promulgate"*

Pronunciation: prom.ul.gate

Definition: "To make known to the public; to proclaim."

Part of Speech: verb

You are encouraged to use these words in your daily oral and written communication.

# CUSTOMER CARE PUZZLE

By Bridget E. Hepburn

Quality Service is our primary focus. We have provided a puzzle to show what our customers expect, and what we are obligated to provide.

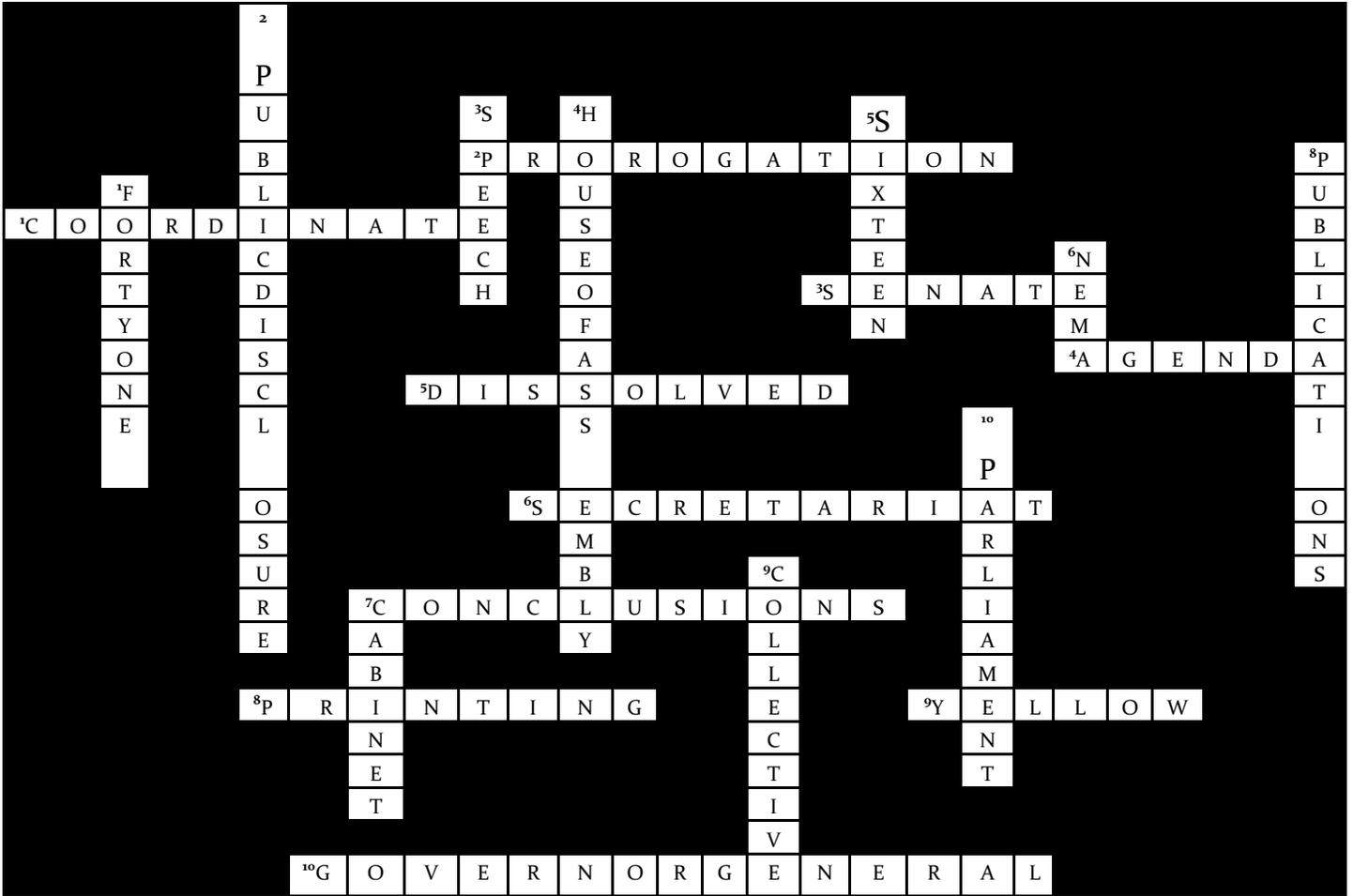
Directions: Please arrange the nine words: “accessibility” to “satisfaction” as listed below so that each appears once in each row, once in each column and once in each 3 X 3 shaded box.

Kindly note – the concept is similar to a “*Sudoku Puzzle*”.

1. Accessibility
2. Confidentiality
3. Courtesy
4. Flexibility
5. Professionalism
6. Promptness
7. Quality
8. Reliability
9. Satisfaction

		Flexibility		Accessibility			Courtesy	Quality
			Quality		Reliability	Promptness		
Quality	Promptness			Professionalism			Accessibility	
	Courtesy		Confidentiality		Quality	Accessibility		
		Satisfaction		Promptness				
		Reliability			Courtesy			Flexibility
Courtesy	Satisfaction		Professionalism			Flexibility		
Reliability			Satisfaction	Quality				
		Quality			Promptness	Reliability	Satisfaction	

**CROSSWORD PUZZLE SOLUTION FOR  
SUMMER 2010 ISSUE**



Congratulations to Mr. Theron Rolle of Hill York Ltd.  
Winner of the Crossword Puzzle for the Summer 2010 Issue



Secretary to the Cabinet, Mrs. Anita D. Bernard gets feedback from Mr. Theron Rolle on the knowledge gained from reading The Cabinet Files.



Secretary to the Cabinet presents Mr. Theron Rolle, winner of the puzzle, with his \$50.00 cheque.

# WHAT'S COOKING IN THE CABINET OFFICE?

## Seafood Stuffed Flounder or Tilapia (Fish)

By Patrice Major

### Ingredients:

- 8 (4 to 6 ounce) flounder or tilapia fillets
- 1/2 of a small package of imitation crab meat cut in small pieces or fresh lump crabmeat
- 10 jumbo shrimps chopped in small pieces
- 1 jar Alfredo creamy garlic sauce
- Hot pepper or cayenne pepper
- Salt
- 1 small onion finely chopped
- 1 stalk of celery finely chopped
- 1 stick of garlic and herb butter
- 1/2 cup of bread stuffing
- Juice of two lemons



### Directions:

1. In a frying pan melt the stick of garlic and herb butter and sauté the onions and celery until softened. Add stuffing, crab meat and shrimps and stir together for about 1 minute. Turn off heat.
2. Season each flounder/tilapia with salt, pepper and lime to taste.
3. In a greased shallow baking pan or dish place 4 of the fish fillets flat side up. Divide the seafood filling evenly among the centers of the fish fillets. Place the remaining fillets on top flat side down. Secure with a toothpick, if necessary. Pour the jar of Alfredo creamy garlic sauce over the top of the fillets and bake in a 350 degrees preheated oven for about 20 to 25 minutes.
4. You can substitute the Alfredo creamy garlic sauce with 1 stick of the herb and garlic butter melted, fresh lemon juice, dry parsley and paprika and drizzle over the top of the fish fillets.

The seafood stuffed fillets can be served with a medley of steamed vegetables (broccoli, carrots and cauliflower) and baked potatoes. Enjoy!!

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## Scrumptious Baked Lamb Shoulder Chops

By Gail Newbold-Munroe

### Ingredients:

- 5lbs. Lamb Shoulder Chops
- Lime juice
- 1 fresh lime
- Salt
- Black pepper
- Garlic powder
- Dash of Accent
- 1 large onion
- 3 medium tomatoes
- 3 stalks of celery
- 4 tablespoons of curry powder
- Fresh thyme
- 3 spice leaves



### Directions:

1. Clean Lamb Shoulder Chops, removing all excess fat. Rinse in lime juice and water then season with salt, pepper, garlic and accent. Arrange in baking pan large enough that the chops could lay flat.
2. Dice the onion, tomatoes and celery and spread evenly over the chops. Sprinkle a generous amount of curry powder over chops and add the remaining ingredients. (Be sure to tuck spice leaves and thyme under the meat).
3. Cover with foil and bake at 350 degrees for about 1 1/2 hours or until the meat falls off the bone (tender).

Serve on a bed of saffron, bare foot (white) or just good old bean or pigeon peas and rice along with cole slaw and fried or boiled plantain.

Enjoy!!

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