

# HEALTHY, WEALTHY, WISE

Newsletter by: Global Financial Brokers Ltd & Total Benefits Specialists Ltd



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**NEW!** We are now available for **ONE on ONE Sessions on Saturdays 9am- 12 noon**

## TAX BREAKS: FILING AN OBJECTION

If you have already filed your **tax returns for previous years** and did not claim one or more of the tax breaks listed below, you can still claim by **filing an objection** via e-tax (as far back as 2013).

Typically, you should file an objection within 15 days of the respective tax year. However, if more than 15 days have passed, below are the following steps to file the objection:

- a) We recommend that you first file the most current year's tax return i.e. 2019 before filing an objection.
- b) Use the letter ID provided through e-tax, but ensure that your objection is filed within 2 weeks of this letter ID.
- c) You must attach the relevant documentation to support the tax refund objection.

### TIP: Claiming for Tertiary Education Expenses

The tax allowance of \$72,000.00 per household only applies to fees or payments made to a foreign tertiary institution.

Nevertheless, if you studied locally, even at a GATE approved institution, claims can be made for any foreign fees paid, including, exam fees paid to the foreign institution associated with the school.



### TAX BREAKS

- |  |   |   |
|--|---|---|
| 1. Approved Pension/ Retirement Fund/ Deferred Annuity / 70% NIS Contributions | 4. Maintenance or Alimony (Under court order) | 7. Purchase of Solar Water Heating Equipment                      |
| 2. Tertiary Education Expenses   | 5. Donations under Deed of Covenant           | 8. Purchase of Bonds (National Tax-Free Savings Bond Regulations) |
| 3. First Time Home Owner Allowance   | 6. Purchase & Installation of CNG kit         |   |

# HOW IS YOUR JOINT PROPERTY OWNED?

Do you own a property **JOINT** with your spouse or a family member? Do you know **HOW** it is owned?

Unfortunately, all Deeds are NOT identical. So, here's what to look for:

NOW THIS DEED WITNESSETH that in pursuance of the said agreement and in consideration of the sum of \$ \_\_\_\_\_ paid by the Purchasers to the Vendor on or before the execution of these presents (the receipt of which sum the Vendor hereby acknowledges) the Vendor as Beneficial Owner HEREBY CONVEYS unto the Purchaser ALL AND SINGULAR the Hereditaments together with the Right of Way TO HOLD the same unto and to the use of the Purchasers in fee simple subject to the Restrictions but otherwise free from encumbrances as **JOINT TENANTS**.

Go to your **"NOW THIS DEED WITNESSETH"** clause. There you should look for words such as **"TENANTS IN COMMON"** or **"JOINT TENANTS"**

BUT remember, all Deeds are not identical. Below are some **KEYWORDS** to look out for to help you along the way:

**Tenants in Common:**

- "as tenants in common"
- "to share and share alike"
- "in equal shares"
- "in undivided shares"

**Joint Tenancy:**

- "as joint tenants"
- "jointly"
- "jointly and severally"

The difference between 'Tenants in Common' and 'Joint Tenants', is that when one party of a joint tenancy dies, their share **passes automatically to the remaining party(ies)** on the Deed. Whereas, with a tenancy in common, when one party dies, their share **passes to their estate**, and not to the remaining party(ies) on the Deed.

*If your deed does not specify 'Tenants in Common' or 'Joint Tenants', in T&T, the default is typically **"JOINT TENANTS"**.*

# CHRISTMAS DELIGHTS: TIPS & RECIPES for Type 2 Diabetes

**World Diabetes Day** was observed globally on November 14<sup>th</sup> 2019. This year's theme **'Family and Diabetes'**

The International Diabetes Federation (IDF) states that, **"over 425 million people are currently living with diabetes....and 1 in 2 people currently living with Type 2 diabetes is undiagnosed"**.

**Tip: Over 50% of type 2 diabetes is preventable** through

- **regular physical activity**
- **a healthy and balanced diet, and**
- **the promotion of healthy living environments.**

But living with diabetes does not mean that you and your family can't enjoy traditional Christmas delights.



At Global, we intend on keeping Christmas sweet for the family with **Global's Gingerbread Cookies** – that even the kids will love!

**Global's Ginger Bread Cookies Recipe**

- 6 cups almond flour
- 1 cup unsalted butter
- 1 tsp baking soda
- 1 cup Stevia
- 1/2 tsp baking powder
- 1 tsp salt
- 4 tsps ground ginger
- 2 eggs
- 4 tsps cinnamon
- 1 cup honey
- 1 1/2 tsps ground cloves
- 3 tbsp water

Servings – 50    Serving Size – 1 cookie

Per Serving:

Calories: 100, Fat: 4 grams, Saturated Fat: 2 grams, Fibre: 1 gram, Sodium: 75 milligrams, Cholesterol: 15 milligrams, Protein: 2 grams, Carbohydrates: 16 grams, Sugars: 4 grams

**Directions**

- 1) Blend together flour, baking soda, baking powder, and spices in a large mixing bowl.
- 2) Then mix butter, Stevia, and salt together in a separate bowl. Then, add eggs one at a time, beating well after each addition. Add the honey and water. Stir well.
- 3) Combine the two (2) mixtures and stir until well blended.
- 4) Refrigerate dough 1-2 hours before rolling out and cutting into shapes.
- 5) Preheat oven to 350 degrees F. Roll cookie dough out slightly less than 1/4 inch. Cut into desired shapes. Bake in preheated oven 8-10 minutes or until lightly browned on the bottom.

## Next Edition.....Global's "A DAY OF WELLNESS"

'A Day of Wellness', aims to deliver to employers and employees, a comprehensive forum that offers information on, and interaction with every aspect of **"Wellness"** through the access to a collaboration of handpicked Wellness Professionals, who bring with them, expansive knowledge and expertise.