

SFCCU NEWS



SFCCU CREDIT UNION
Co-operative Society Limited

A PUBLICATION OF SFCCU CREDIT UNION CO-OPERATIVE SOCIETY LTD . ISSUE 1 2025

RESET
GROWTH
GOVERNANCE
SUSTAINABILITY

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THE POWER OF COMPOUND INTEREST

**"Compound interest is the eighth wonder of the world. He who understands it, earns it ... he who doesn't ... pays it."-
Albert Einstein**

When we think of the concept of compound interest the saying "slow and steady wins the race" should come to mind. Interest is not only the money paid on a loan, but it is also the amount earned when we invest or save.

The beautiful thing about compound interest when we invest, is that our interest earned, earns interest. This is essentially the premise of compound interest. The key to maximizing return when discussing the benefits of compound interest is leaving funds untouched for a long period of time.

In this years' theme, (RESET) we will examine the beauty of compound interest when we invest.

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Photography: Anderson Ward

Producers: Education Committee

Layout+Design: Nicholas Stewart - Westcoast Digital Content Solutions

President's Message

A Member in Good Standing

Fraternal Greetings and best wishes to all. A special note of commendation to the Education Committee on the presentation of this newsletter.

To our new and existing members, the focus today is on the status **"Member in good standing."** It is my joy to know that you are an active member and a member in good standing.

Our Bye Law 1(J) defines a member in good standing means a member who is not in default of any financial obligation to the society with respect to loans.

On joining the SFCCU Credit Union Society you will have no doubt been informed on the objects of the society which includes:

- Promoting thrift and savings among its members.
- Providing loans to members for provident and productive purposes.
- Encouraging the spirit and practice of self-reliance and the development of Co-operative ideas.
- On Cooperative principles of practice.

Our task as members of the Credit Union requires us to uphold the general cooperative principles, laws, regulations, policies and participative ambit of this people-centred organization. We are people-helping-people and place people before profits.



Mr. Franklyn Gittens

Delays and a failure to honour your obligation to the credit union places the organization in a precarious situation and the title **"a member not in good standing"** is now earned by the errant and uncaring member. This posture also affects the Credit Union's bottom line and your own credit standing nationally. It impugns your character and brings unfavourable overtones. Avoid this negative accolade **"a member not in good standing"**

A member in good standing will at all times stand ready to ensure the viability of the organization. Commit yourself to full credit union participation in word and deed. As we move to a future ready position, let us help all members to enjoy a measure of convenience, satisfaction, promptness and above all a glowing personalized experience. **See you at our 64th Annual General Meeting**

Be a member in good standing - ALWAYS'

WELCOME CORNER

Mr. Richard Allan

His focus and intention at SFCCU is to foster sustainable growth, through innovative strategies, networking and relationship management. We are excited to welcome Mr. Richard Allan to the SFCCU Credit Union family.



General Manager

Ms. Monique Mike



Marketing Officer

The SFCCU website was updated and reset with a new look. Current information on products & services and all credit union related matters can be found on the website.

Special thanks to the SFCCU newly appointed Marketing Officer, Ms. Monique Mike for keeping the information updated and accessible.

EDUCATION COMMITTEE ENDEAVOURS

Empowering Members for a life-changing Future

We believe in the power of intentionality.

We believe that success becomes even more achievable with an integrated and inspired team working together to deliver on a common purpose.

We recognize that there is something magical that occurs when people are aligned by a common purpose and shared values.



*We extend our heartfelt recognition to all contributors
and participants, uniting in our pursuit of knowledge
and revolution for a brighter financial future.*



ACHIEVEMENT AWARDS AND ESSAY WRITING COMPETITION CEREMONY

SFCCU Credit Union continues to invest in the youth of our nation. This year, bursary tokens were granted to the students. On Saturday 22nd November 2024, nineteen (19) of these Gen-Z's, along with their parents graced the Scout House in San Fernando to receive their awards.

Both the S.E.A. and Tertiary awardees, along with a total of seven (7) Essay Writing winners were given a head start to begin their financial journey.

Both functions became a success, in addition the president of SFCCU Credit Union Mr. Franklyn Gittens who spoke into the future of the awardees and assured them: "We have their best interest at heart".

Explaining the benefit of the bursary at the Achievement Awards function, was Mr. Richard Allan, General Manager of the Credit Union

An expression of thanks on behalf of SFCCU was given by Education Committee member Mr. Thakoor Moonan.



ACHIEVEMENT AWARDS AND ESSAY WRITING COMPETITION WAS A SUCCESS STORY LIKE NO OTHER.

‘Participants took advantage
of the opportunity and wrote
compelling essays’.



A Sensational return - In Person & Hybrid: Education Committee Hosted New Member Orientation

SFCCU Credit Union's Education Committee hosted its first in-person New Member Orientation since the pandemic's onset. The orientation was held at **SFCCU** Irving Street San Fernando, Head Office on Saturday, 22nd February 2024. The annual New Member Orientation serves as a fundamental event, offering an invaluable opportunity to acquaint our members with **SFCCU's** rich history, products and services as well as numerous benefits inherent in being a part of the esteemed **SFCCU** Credit Union family.

The Following Presentations were done:

1 Mr. Franklin Gittens
President of SFCCU

2 Mr. Richard Allan
General Manager at SFCCU

3 Mr. John Thompson
Long Serving Member

4 Ms. Marina Pierre
Co-operative Officer

5 CUNA Caribbean
Representative

6 Guardian Life
Representative



The poster for the SFCCU Credit Union Members Orientation is designed with a teal and yellow color scheme. At the top left is the SFCCU logo, which features a globe with hands holding it. Below the logo, the text reads "SFCCU CREDIT UNION Co-operative Society Limited". The main title "JOIN US FOR MEMBERS ORIENTATION" is prominently displayed in large, bold, white letters. Below the title, the date "Saturday 22nd February, 2025" is shown in a dark box. The venue "Venue: Online" is also in a dark box. The time "3:00 PM - 6:00 PM" is in a dark box. A paragraph of text encourages members to learn more about SFCCU's products, services, and cooperative philosophy. Below this is a list of services: All Inclusive Loans, Fixed Deposits Accounts, Visa Debit Card, Family Indemnity Plan (FIP), and Group Health and Life Plan. On the right side, there is a circular image of a man speaking. Below this, a quote from SFCCU Credit Union states: "SFCCU Credit Union continues to strive for excellence in extending quality service to all our valued members". At the bottom right, contact information for the Education Committee is provided, including the name Ms. Candice Cuffy, her title as Chairman (2024/2025 Term), her phone number, email, and website. Social media icons for LinkedIn, WhatsApp, Facebook, Instagram, and YouTube are at the bottom right. A small image of a Visa credit card is at the bottom left.

SFCCU CREDIT UNION
Co-operative Society Limited

JOIN US FOR MEMBERS ORIENTATION

Saturday 22nd February, 2025

Venue: Online

3:00 PM - 6:00 PM

Don't miss the chance to learn more about SFCCU's products, services, and cooperative philosophy, which includes but not limited to:

- All Inclusive Loans
- Fixed Deposits Accounts
- Visa Debit Card
- Family Indemnity Plan (FIP)
- Group Health and Life Plan

SFCCU Credit Union continues to strive for excellence in extending quality service to all our valued members

THE EDUCATION COMMITTEE
More Information

Ms. Candice Cuffy
Chairman (2024/2025 Term)
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educationcommitteesfocu@gmail.com
www.sfocu.com

SFCCU CREDIT UNION
Co-operative Society Limited

VISA

NEW MEMBERS ORIENTATION



SFCCU CREDIT UNION
Co-operative Society Limited

NEW MEMBERS ORIENTATION

- ✓ Attend Annual General Meetings (AGM)
- ✓ Participate in Governance Activities
- ✓ Volunteer for Committees
- ✓ Offer Skills and Competencies
- ✓ Provide Feedback
- ✓ Promote the Credit Union
- ✓ Use Financial Services Responsibly

**SFCCU continues to
promote and enhance
the importance of a
Credit Union.**

Mental Health Series with SFCCU Credit Union



In commemoration of Mental Health Awareness Month, SFCCU Credit Union displayed a thought provoking and insightful **(4-Part) Series** on mental health during the month of May 2025. Led by Ms. Jenna Julien.

SFCCU's membership and staff took advantage of the meaningful discussions surrounding mental health issues in men and women, the unique challenges faced by these groups as well as coping mechanisms and strategies for self-care and support.

SFCCU Credit Union continues to support the holistic well-being of its members and is committed to providing education and support in areas that can help all to lead fulfilling and inspiring lives.

Thank you to all attendants and contributors, as the success of this webinar was due to the input of all contributors and participants.



SFCCU CREDIT UNION
Co-operative Society Limited

LEGACY LOAN

Honouring the legacy we have built together, we are offering an exclusive opportunity for our members to secure a loan up to \$75,000.



\$75,000

Maximum Loan



\$10,000

Minimum Share



\$450

Administrative
Fee

Normal lending criteria applies.

Head Office: 16 Irving Street, San Fernando | High Street Branch: Shop #7, Montano Plaza, High Street, San Fernando | Siparia Branch: #15 George Street, Siparia | Point Fortin Branch: #14 Agard Road, Point Fortin.

Contact: 657-5669 | 653-7745 | 649-3300 | 648-3504
info@sfccu.com | www.sfccu.com

HEALTH AND WELLNESS EXPO

Energizing the Spirit of Carnival and Fraternity:

SFCCU CREDIT UNION CO-OPERATIVE
SOCIETY LTD

As the energetic rhythms of carnival season approached, SFCCU Credit Union orchestrated a celebration of fitness and community spirit with the aerobic burnout event, Health and Wellness Expo. The burnout took place on the 8th of February kicking off at 6.30 AM.



Open to all members of SFCCU, the aerobic burnout was not only a fitness endeavor but also a testament to SFCCU's commitment to fostering Health and well-being among its membership. It was a resounding success, eagerly anticipated by both staff and membership.

LATEST NEWS, UPDATES AND TIPS

Mental Health Tips

Practice Mindfulness - Take a few minutes to meditate, take a yoga class or do some breathing exercises to promote relaxation and reduce stress.

Stay Active - Do regular exercise, as it can boost your mood and reduce stress.

Get Enough Sleep - Prioritize quality sleep with a healthy bedtime routine.

Practice Gratitude - Cultivate a positive mindset by counting your blessings daily.

Seek Support When Needed - Reach out to family, friends, or mental health professionals when necessary.

SFCCU VISA DEBIT CARD



SFCCU CREDIT UNION COMMEMORATES WORLD DOWN SYNDROME DAY

On March 21st, 2025, SFCCU Credit Union proudly joined the global community in honoring World Down Syndrome Day. Recognizing the significance of this day, staff members across our SIPARIA, HIGH STREET, and San Fernando branches donned colorful socks to show solidarity and support for individuals with Down syndrome. Through small actions like wearing mismatched socks, we aim to raise awareness and encourage conversations about Down syndrome.



WEALTH INTELLIGENCE: HERE ARE FIVE (5) FINANCIAL TIPS



Reduce Debt: High-interest debts can erode your savings potential. Focus on paying off credit card debt, personal loans, or any other high interest loans as quickly as possible. Once you free up that money, redirect it towards your savings goals.



Create a Budget: Start by outlining your monthly income and expenses. A budget helps you understand where your money is going and identifies areas where you can cut back on non-essential spending. Stick to your budget to ensure you save a portion of your income regularly.



Avoid Impulse Spending: Before making a purchase, especially for expensive items, take a moment to consider whether it is a want or a need. Avoid impulsive buying by waiting 24 hours before finalizing significant purchases. You may find that you can live without some items and save that money instead.



Set Savings Goals: Define clear, achievable savings goals for both short term and long-term needs. Whether it is building an emergency fund, saving for a vacation, or planning for retirement, having specific targets will keep you motivated and focused on saving.



Automate Savings: Use your online banking tools to set up automatic transfers from your savings account to a separate savings account. By automating your savings, you ensure a portion of your income is consistently put aside before you have a chance to spend it.

SFCCU EASTER WORDSEARCH

Find and circle the words below. They go across and down.

B	A	S	K	E	T	H	S	O	G	P
F	D	A	W	G	O	C	P	H	R	Y
T	H	J	F	G	B	T	R	E	A	T
R	B	O	W	U	N	N	I	K	S	D
E	U	A	Z	H	V	U	N	H	S	T
A	N	Y	S	I	F	L	G	U	O	N
S	N	M	D	G	H	C	A	N	D	Y
U	Y	E	A	S	T	E	R	T	B	Q
R	P	C	H	O	C	O	L	A	T	E
E	U	L	G	R	A	B	B	I	T	G
G	E	H	O	P	A	F	I	N	D	A

basket

candy

egg

hop

bunny

rabbit

hunt

treat

find

spring

grass

bow

treasure

chocolate

Easter

