

Newsletter

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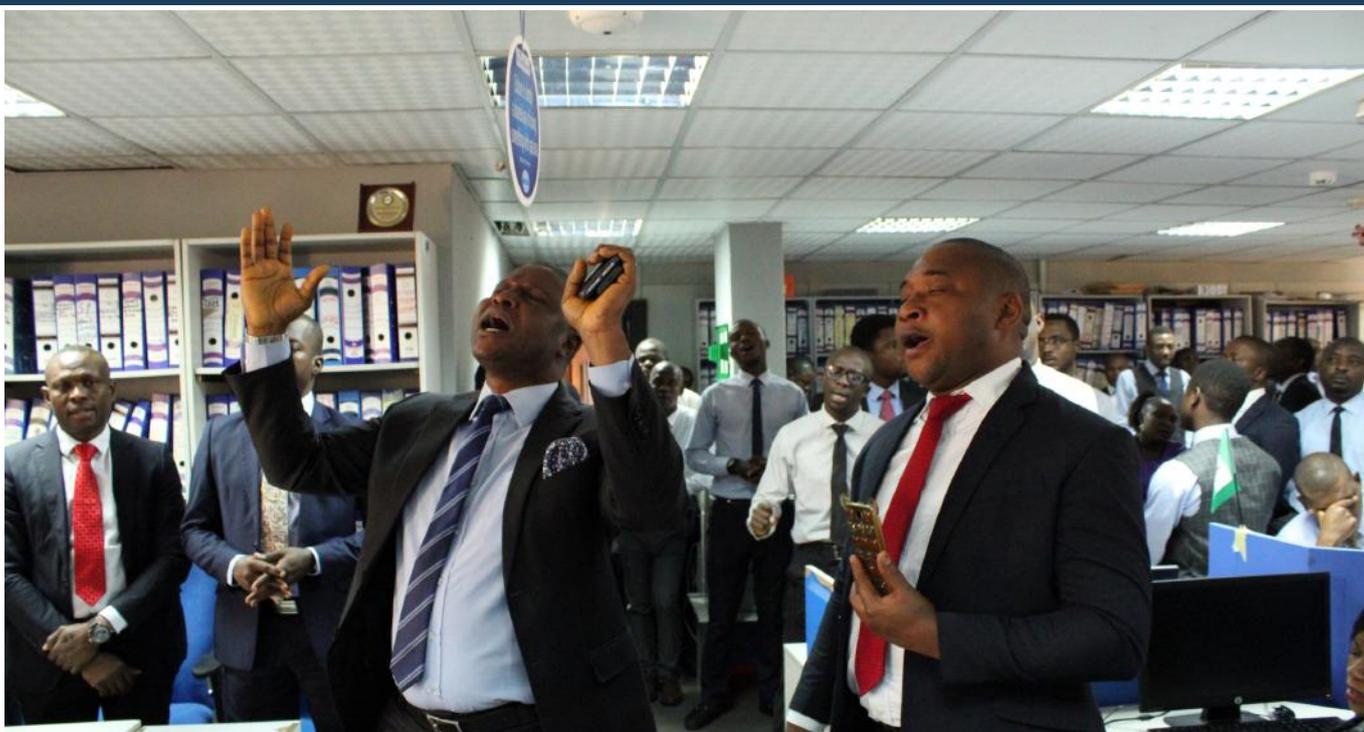
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COMPANY NEWS



Mr Festus Hamza, Head Payment Unit leading staff during the praise and worship session

TRUSTFUND PRAYS

As has been its yearly tradition, Trustfund Pensions Limited has again put God first in its activities for the New Year 2019. This was evidenced by Staff coming together on the first working day of the year, at the Company's Head Office in Abuja, to offer prayers of thanksgiving for the year ended 2018 and supplication for the New Year.

Representing members of the EXCOs, Executive Director Finance and Benefits Administration, Mr. Andrew Onyilokwu noted that "as a usual tradition, at the beginning of every year, we gather together to thank God for the previous year and commit the New Year into the hands of God."

Opening the session with praise and worship songs, Head, Payment Unit, Mr. Festus Hamza led Staff in singing praises to God as Staff chorused along. This was followed

immediately with a prayer of thanksgiving for year 2018, led by compliance manager, Mr Christopher Fakanlu, who thanked God for all He had done for the Organization at large and for individual staff. He also thanked God for the life of every family represented, for provision and God's protection in year 2018.

Following the thanksgiving prayer for 2018 was another thanksgiving prayer for year 2019 which was led by Deputy Head, Contributions, Mr. Abdulrazaq Sowunmi, who thanked God for the opportunity to see another New Year.

Prayer for the Board and Management of Trustfund Pensions was offered by Head, Benefits Department, Mr Tijani Muritala, who committed the activities of the Board and Management Team of Trustfund into the hands of the Almighty and prayed for continuous guidance, more wisdom, knowledge and direction for them. He asked that God upholds, strengthens and grants them more wisdom for direction and focus that will make the New Year a fruitful one.

Head, Human Resources and Administration, Mrs. Oluyemisi Adedayo Ojo who offered supplication for Staff of Trustfund Pensions prayed for God's leading, direction, protection and safety for all Staff in this New Year. She prayed for wisdom, knowledge and understanding that will help all Staff achieve



L-R: Mr Andrew Onyilokwu, ED Finance and Benefits Administration; Mr Maurice Ogar; Mr Christopher Fakanlu, Chief Compliance Officer; Mr Abdulrazaq Sowunmi, Head of Internal Control and Audit and Mr Tijani Mustapha, Head of Benefits all in a prayer session during 'Trustfund Prays'.

their set goal and also asked for the grace to be productive and add value to the Organization this year. Prayer was also rendered for the customers of Trustfund, led by the Regional Manager, Abuja, Mr. Maurice Ogar, who thanked God for the numerous customers of the Organization. He asked God for increase in the various employers whose personnel are registered with Trustfund Pensions and job sustenance for the employees.

Rounding up the session with a short exaltation, Mr. Andrew Onyilokwu, ED Finance and Benefits Administration, noted that "prayer is much more than just a social activity but it is a very potent and serious spiritual course." According to him,

"prayer can make the difference in every situation".

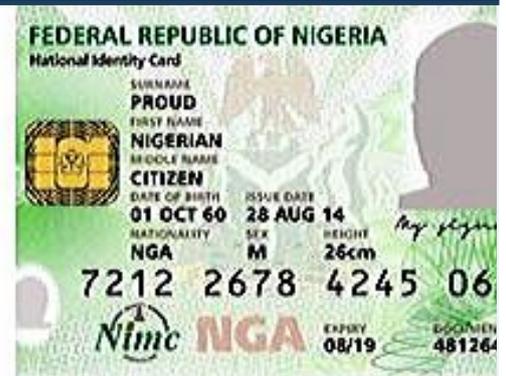


Mrs Oluyemisi Adedayo Ojo, Head Human Resources and Admin., Trustfund Pensions Limited, offering prayers for the New Year at Trustfund Head office, Abuja.

While referring to the biblical scripture of Psalm 127:1, Mr. Onyilokwu led staff on a series of prayers for the growth of Trustfund Pensions Limited and for the help of God in this New Year. Finally, there was prayer for the peace, unity and progress of Nigeria especially in this election year.

-Corporate Affairs Unit.

INDUSTRYNEWS



CPS: FG MAKES NATIONAL IDENTIFICATION NUMBER MANDATORY FOR WORKERS

Nike Popoola, 6 December, 2018. Punch Newspaper.

The Federal Government has mandated all workers under the Contributory Pension Scheme (CPS) to produce their National Identification Numbers (NINs) as part of their pension registration and data recapture requirements.

The National Pension Commission (PenCom) disclosed this in a circular titled, 'Notice on mandatory use of National Identification Number for all existing RSA holders'.

The circular read, "The Federal Government has made it mandatory that every Nigerian must have a National Identification Number.

"To achieve this, all data generating organisations have been directed to harmonise their database with the National Identity Management Commission, whose mandate is to implement the National Identity System in Nigeria.

"To enable the pension industry comply, PenCom has directed all Pension Fund Administrators to update the records of their clients. Consequently, all Retirement Savings Account holders, both active and retired, are hereby advised to approach their PFAs to provide their NINs and Bank Verification Numbers, as well as other mandatory biodata information."

CAPITAL NEWS

NSE DEBUNKS ALLEGED STOCK MARKET MANIPULATION

-Urowayino Jeremiah. 21 January. 2019. Vanguard Newspaper.



The Securities and Exchange Commission (SEC) has said that plans are under-way to amend the rules on margin lending and resume activity in that space.

Speaking at the first quarter post-Capital Market Committee, (CMC) media briefing in Lagos, the Acting Director General, SEC, Ms. Mary Uduk, said that engagement is ongoing with the Central Bank of Nigeria (CBN) on margin lending with a view to re-include banking shares in the margin list. SEC Margin loan is money borrowed from a

financial institution to buy stocks using existing investments as security. Recall that many investors/brokers that engaged in margin lending prior to 2008/2009 capital market meltdown, had their fingers burnt following the crash and loss of value in the shares (collateral).

She said that the need to amend the rules on margin loans became necessary following zero activity in the space even after rules around margin lending was formulated in 2010. Infrastructure deficit to hit \$878bn by 2040 – SEC boss “After the meltdown, in 2010, the SEC and CBN came together to come up with rules on margin loan but after the issuance of that rules, we found out that there was zero activity in respect of margin loan and that is why the market suggested that it appears the rules on margin loan is very stringent.

“In coming up with that rule, probably due to the experience of the past, we excluded banking shares from margin list. We found out from other jurisdictions that you can be given loans to buy banking shares, so, because of that, we started engaging CBN,” she said.

Uduk allayed fears of abuses, saying that the Commission would ensure that entities that would participate henceforth have the capacity and must meet the risk-based requirement. “There will be no collateral damage as in 2008 because we are going to introduce margin call to guard against that.

“By the time we amend the margin loan rules, we will also monitor compliance with the margin rules so that there won’t be any abuse in the market. There are initial margin and maintenance margin; when you give margin loan, you must monitor the performance of the market,” Uduk said.

KNOW YOUR FOREX



BASIC CONCEPTS OF FOREX TRADING- PART ONE

Trading on the Forex market is carried out with the help of special instruments called "currency pairs". The pair consists of two currencies: in the first place is the base currency (commodity), and in the second - the quoted one (the value of which reflects the price of the base currency). For example, the rate of the EUR/USD pair is equal to 1.45. This means that one euro is worth \$1.45.

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Transactions (positions) that traders open in the Forex market are of two types: for the purchase and for the sale. The purchase order is also called a "long position" because, in the context of strategic planning, exchange rates are always rising. The sale one is a "short position". A trader in the Forex market can earn both on growth and on the fall in the exchange rate.

There are two prices for each currency pair: "Ask" is the price that the trader must pay to the broker for the purchase of the base currency and "Bid" is the selling price. For example, if we see that the EUR/USD pair quotation is equal to 1.2585/89, this means that you can buy euros for dollars at the rate of 1.2589 ("Ask"), and you can sell euros and get dollars at 1.2585 ("Bid"). The selling price will always be less than the purchase one. The difference is called the "spread."

Spread can be fixed and floating. In the presented example, the spread = $1.2589 - 1.2585 = 0.0004$ or 4 points. A point is the minimum price change in the foreign exchange market. JustForex is one of the reliable brokers in the international market offering good trading conditions.

<https://www.proshareng.com/news/FOREX/How-Does-Online-Foreign-Exchange-Trading-Work-/43650>

...continued in next issue

SPORTS

MD/CEO, TRUSTFUND PENSIONS LIMITED WINS IBB WOMEN OPEN IN ABUJA



L-R: Barr. Nasir Musa, ED Business and Personnel Administration Trustfund Pensions LTD; Mrs Helen Da-Souza, MD/CEO Trustfund Pensions LTD; Mr Andrew Onyilokwu, ED Finance and Benefits Administration, Trustfund Pensions LTD; and Mr Babatunde Akinsola, ED Operations, Trustfund Pensions LTD at the IBB Women Open in Abuja.

TRUSTFUND PENSIONS LTD AND PROHEALTH HMO WALK FOR LIFE



A cross section of participants during a work out session at the Trustfund/Pro Health 'Walk for Life' in Abuja.

HEALTH

A BALANCED DIET, A BETTER LIFE

WHATS ON YOUR PLATE

Take charge of your health by maintaining a balanced diet.

No single food provides all the nutrients needed for good health, so it's important to eat a variety of foods for different vitamins and nutrients.

VEGETABLES

Eat 2 1/2 cups every day. Fresh, frozen and canned veggies all count but choose "reduced sodium" or "no-salt added" canned vegetables.

FRUITS

Eat two servings every day. At breakfast, try bananas or strawberries on top of your cereal. Choose 100-percent fruit juice when picking out juice.

GRAINS

Eat 6 ounces every day. Make at least half of your grains whole grains. Check the ingredients list and look for the word "whole" before the first ingredient.

DAIRY:

Get 3 cups every day. Choose skim or 1 percent milk in order to get the same amount of nutrients with less fat and calories. If you're lactose intolerant, switch to lactose-free milk or fortified soy milk (soy beverage).

PROTEINS

Eat a variety of seafood, beans, peas and nuts in addition to lean meats, poultry and eggs. Trim or drain fat from meat and remove skin from poultry to cut fat and calories.

Don't Forget to Fuel Up

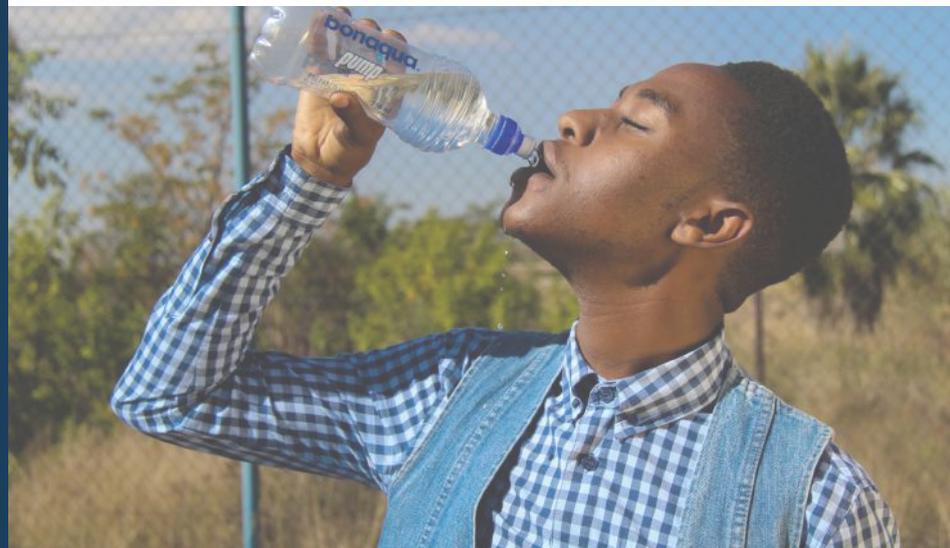
Try to eat three main meals or several small meals throughout the day. Giving your body nutrients in this way helps regulate blood sugar levels better through the day. Plus, when you fuel your body regularly, you will have peak energy levels and no mid-day fatigue. Drinking 8 to 10 glasses of water per day will keep you hydrated and full.

—"Mind Your Body". The Straits Times

The Balancing Game

The key to balance is making informed decisions. Choosing healthy foods for each meal isn't always easy, so it's important to balance your meals. For example, if you have a high-fat lunch with lots of meat, go for a dinner that is lower in fat and contains generous amounts of vegetables. Another key to the balancing act is choosing nutritionally dense foods. They contain high amounts of essential nutrients, will fill you up longer and provide healthy energy. These include foods like:

- Lean meat, skinless poultry and tofu
- Fruits like strawberries, papaya, mango and watermelon
- Vegetables like spinach and carrots
- Whole-grain bread and brown rice
- Low-fat milk.



FASHION

B U S I N E S S P R O F E S S I O N A L



The way you dress can play a big role in your professional career. Part of the culture of a company is the dress code of its employees. Some companies prefer a business casual approach, while other companies require a business professional dress code.

DRESS CODE

BUSINESS PROFESSIONAL ATTIRE FOR MEN

Men should wear business suits where applicable; however, blazers can be worn with dress slacks or nice khaki pants only on dress down days like Fridays.

Wearing a tie is a requirement for men in a business professional dress code. Sweaters worn with a shirt and tie are optional as well.

BUSINESS PROFESSIONAL ATTIRE FOR WOMEN

Women should wear business suits or skirt and blouse combinations. Women adhering to the business professional dress code can wear slacks, shirts and other formal combinations. Women dressing for a business professional dress code should try to be conservative. Revealing clothing should be avoided and body art should be covered. Jewelry should be conservative and tasteful.





JOKES

- A child asked his father "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "**No**, your mom was talking about her side of the family."

- My friend thinks he is smart. He told me an onion is the only food that makes you cry, so I threw a coconut at his face.

- A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."

- **A three-year-old boy asked his mother whether his younger brother used to be in her stomach.**
"Yes," she said.
"How did he get there?" he asked.
"I'll tell you when you're a little older."
"Just tell me this," he said, concerned.
"Did you eat him?"

Q: Is Google male or female?
A: Female, because it doesn't let you finish a sentence before making a suggestion.

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a freaking cat!"

- Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology;

Interviewer: "And what starting salary are you looking for?"

Engineer: "In the region of \$125,000 a year depending on the benefits package."

Interviewer: Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?

Engineer: (sits up straight) Wow! Are you kidding?

Interviewer: Yeah, but you started it.



**A PUBLICATION
OF TRUSTFUND
PENSIONS
LIMITED**

TRUST IS OUR FOUNDATION...



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