

TRUSTFUND PENSIONS

# NEWSLETTER

February, 2021. Volume 12, Issue 19



PAGE 1

# INSIDE THIS ISSUE

COMPANY NEWS	1
INDUSTRY NEWS	2
INVESTMENT NEWS	3
KNOW YOUR FOREX	4
SPORTS	5
HEALTHY LIVING	6
FOODIES	7
FASHION	8
JOKES	9
SOURCES	10

## REMEMBER



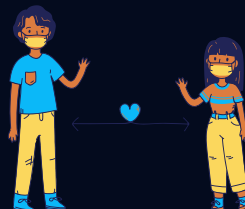
Use  
Sanitizer



Wear  
Facemask



Wash your  
Hands

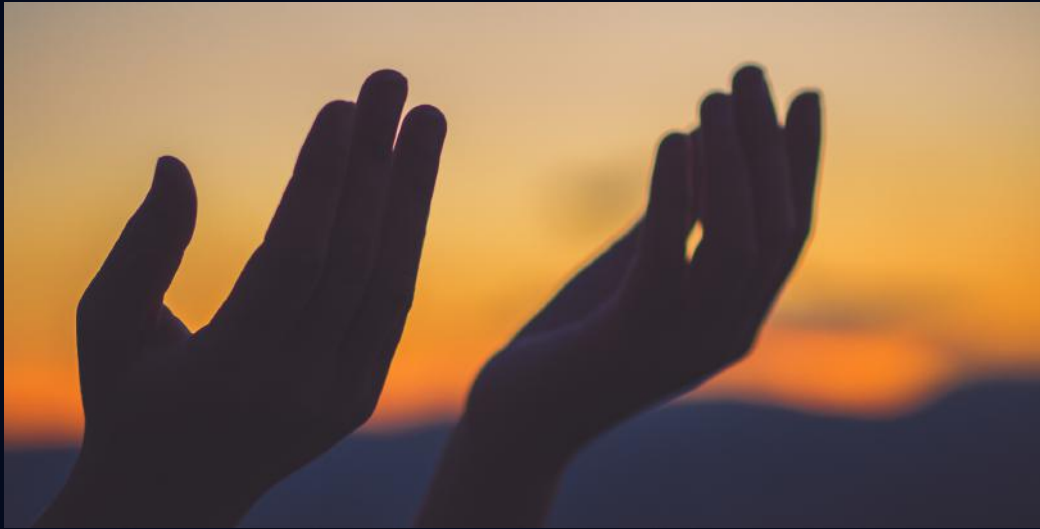


Keep Social  
Distance



Wear  
Gloves

## TRUSTFUND PRAYS



The Management and Staff of the Company expressed their confidence in Almighty God as they kick started the New Year with thanksgiving and supplication. The prayer was hosted virtually by the Company Secretary/Legal Adviser Ms. Monica Ani. This event is an annual tradition of the Company as Staff gather together on the first working day of every year to pray for God's mercy, direction, protection and grace.

Mr. Adamu Rabi, Regional Manager (North), prayed for the Management team of the Company, for the Lord to give us clear vision, strength, guidance and direction to move the company to greater heights this year.

Prayer for Staff was offered by Mrs. Winifred Igwe, Head, Human Resources and Administration who thanked God for making Staff see the year 2021. She asked God to grant every staff bountiful grace, wisdom and understanding in their lives and in the lives of their family members. She prayed for God's direction in the life of every Staff in the year 2021 and mercy as the world faces the global pandemic.

Mrs. Eno Adetayo-Olugbemi, Head, Business Development and Marketing offered supplication to God for the ideas and frontiers Trustfund was able to actualize in times past. She prayed for new direction, new business, divine grace, enablement to enlarge the existing opportunities and discover new ones.

As the transfer market continues to strive in this year, Mrs. Eno asked God to make Trustfund Pensions Limited the preferred PFA, the brand to go beyond the shores of Nigeria and the Company to be among the top three in the industry.

Mr. Ayodeji Akinola, Head, Contributions offered prayers for the customers of the company. He committed both individual clients and companies into the hands of God for a divine turnaround and to put a stop to the issue of 25% payment. Mr. Ayodeji prayed for the policy makers to make good policies that will create enabling environment for all the customers to benefit from the 2021 national budget.

In addition, Mr. Joe Chukwujindu, Deputy Head, Customer Support, prayed for the current account holders, for the Lord to give all Staff the grace and understanding to reach out to all customers, always keep them satisfied in order to make them good ambassadors of Trustfund Pensions Limited.

While thanking God for the Company's achievement in 2020, Mr. Ali Joseph, Head, Investment prayed for divine wisdom and God's direction to make the right investment decisions that will accrue only goodness and mercies to the portfolios and propel the Company to the right direction. He committed the Investment Strategy Committee (ISC) of the Company to God's hands especially in developing sound proposals that would grow the fund.

Rounding up the session with exaltation, Executive Director, Operations, Mr. Tunde Akinsola, prophetically declared "in 2021, there shall be no death in Trustfund Pensions Limited and there shall be no sanctions". He committed every Department to God's hands for wisdom to handle every customer request diligently.

Lastly, Executive Director, Business and Personnel Administration, Malam Musa Nasr, in his closing remarks thanked Staff for participating and wished all a prosperous new year.



## PENSION ASSETS ROSE BY N184.68BN IN THREE MONTHS — PENCOM



Total assets under the Contributory Pension Scheme rose by N184.68bn in the third quarter of 2020. The National Pension Commission disclosed this in its third quarter report on the scheme.

Part of the report read, “The total pension contributions grew by N184.68bn within the third quarter of 2020.

“Out of this total, the public sector accounted for N117.7bn or 63.73 per cent while the private sector contributed N66.98bn or 36.27 per cent.

“The cumulative pension contributions received from both the public and private sectors from inception to the end of the third quarter of 2020, therefore, amounted to N6.37tn, up from the N6.19tn as at the end of second quarter, 2020, representing a growth of 2.98 per cent uptick.”

The total pension contributions of the public sector increased by 3.76 per cent from N3.13tn as of the end of second quarter, 2020 to N3.25tn as of the end of the reporting period.

The ranking of PFAs by total pension contributions received into the pension fund indicated that the top five ranked Pension Fund Administrators received 73.28 per cent of the total contributions as of the end of the third quarter of 2020.

Similarly, the top 10 ranked PFAs accounted for 89.36

per cent of the total contributions while the bottom five and bottom 10 PFAs accounted for 1.83 per cent and 7.55 per cent of the total pension contributions respectively as of the end of the third quarter 2020.

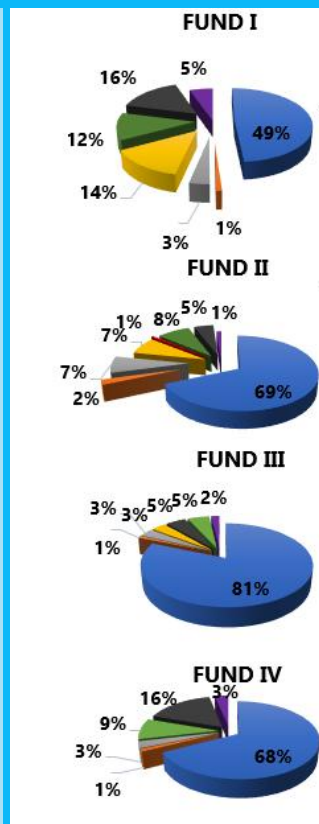
The total value of pension fund assets was N11.56tn as at 30 September 2020 comprising of N8tn of the RSA ‘Active’ Funds (i.e. RSA Funds I, II, III and V); N934.19bn of the RSA Retiree Fund; N1.44tn of the CPFAs Fund; and N1.19tn for the Approved Existing Schemes Funds.

As of the third quarter of 2020, the RSA funds (Funds I – V) had the largest portfolio, accounting for N8.76tn or 76.87 per cent of the total assets under management. The CPFAs and AESs assets stood at N1.44tn and N1.19tn, representing 12.65 per cent and 10.47 per cent respectively of the total assets under management.

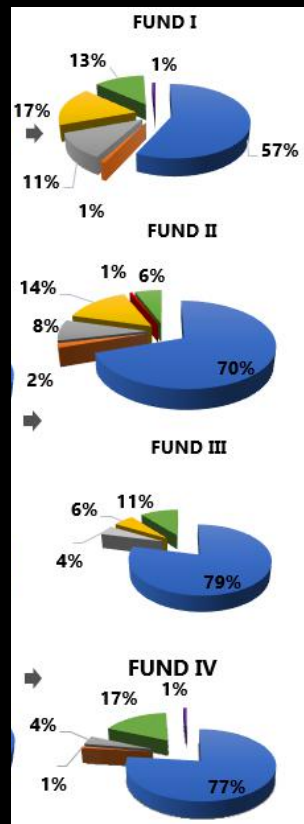
According to the commission, the RSA Fund I constituted 0.26 per cent (N29.59bn) of the total AUM, RSA Fund II constituted 42.59 per cent (N5.02tn); Fund III 25.82 per cent (N2.94tn); Fund IV accounted for 8.19 per cent (N934.19bn) while the RSA Fund V accounted for less than one per cent (N60m) of the total AuM.

## FUND PERFORMANCE REPORT

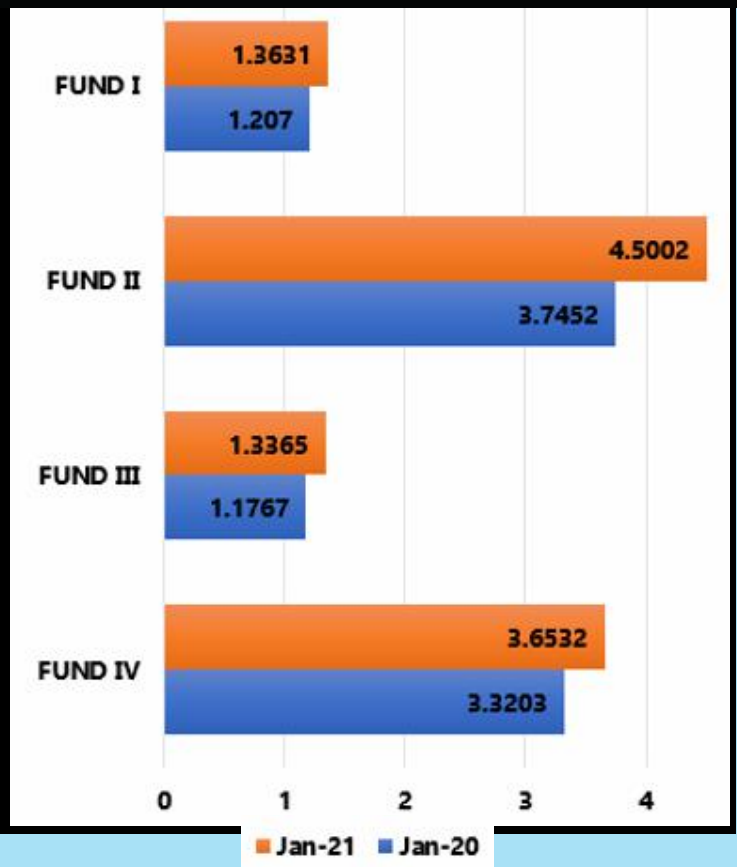
### ASSET ALLOCATION AS AT JANUARY 31ST, 2020



### ASSET ALLOCATION AS AT JANUARY 31ST, 2021



### PRICE MOVEMENT CHART- JAN'20 AND JAN'21



### ASSET ALLOCATION LEGEND

FGN BONDS	CASH
CORPORATE BOND	MONEY MARKET
EQUITIES	HYBRID FUNDS
STATE BONDS	TREASURY BILLS

### ALLOWABLE INSTRUMENTS

Bonds, Sukuk, Treasury Bills, Global Depository Notes and other securities issued by the Federal Government of Nigeria and CBN, Non-interest compliant debt instruments, Ordinary Shares of Public Limited Liability Companies listed or proposed to be listed through an Initial Public Offer (IPO), on a Securities Exchange registered by SEC, Money Market, Instruments of Banks and Commercial Papers issued by eligible corporate entities, Hybrid Investment Funds, Real Estate Investment Trusts (REITs) registered by SEC, Private Equity Funds registered with SEC, Infrastructure Funds registered with SEC, Supranational Bonds, Supranational Sukuk, Global Depository Receipts/Notes, (GDRs/Ns) and Eurobonds.

### Equity:

Our focus will be investing in 9-12 stocks with adequate free float and potential for attractive dividends to buffer our portfolio position.

### Government Securities:

We will continue to invest in Federal Government Bonds particularly those with high coupon/interest rates. Emphasis will be on viable sub national (state) bonds with premiums above corresponding FGN securities.

### Corporate Bond:

We will invest in "A" rated corporate bonds with attractive coupons, as current yield levels proffer opportunities for Private Issuers to return to the debt market.

### Money Market:

We will continue to invest in money market at best rates for liquidity and flexibility. Overall, our main objective is to continuously maximize return on investment.

## WHAT IS LEVERAGE IN FOREX TRADING? (PART 1)



The ability to use 'leverage' attracts so many traders to retail Forex Trading. But what exactly is it? Many day traders use leverage to significantly increase their ROI (return on investment). To exploit leverage effectively, one must learn its basics, identify its risks and benefits. You may feel quite enticed by the high returns you generate by using leverage, but always keep in mind that this approach has the potential to bring major losses as well.

Now before we delve into the 'world of leverage' in Forex, let's understand the basic concept behind it first.

### **What is leverage in Forex?**

Leverage, a useful financial tool, allows traders to trade bigger chunks of money using the limited amount of trading capital. In simple terms, it means you can place a trade in the market with much smaller deposit than you would be able to via traditional investing.

Let's take a realistic example of a trade on EUR/USD.

Assume you want to place a buy order on EUR/USD at 1.1200 market price. To place a buy order for 1 Standard Lot (100,000 units), you would need 112,000 USD trading capital to place the trade, if you are not using any leverage.

But let's say that you are using 1:1000 leverage, then the calculation will go like this:

Capital/Margin Requirement =  $(1 \times 112,000) / 1000 = \$112$  , i.e. the Margin Required = (No. of Lot(s) X Currency Price) / Leverage.

So, you will now be able to trade 1 Standard Lot with only \$112 in your trading account.

Sounds powerful, right? But you should note that high leverage will not always go in your favor. In the above example, with high leverage you can place order for more trading lots. But the large lot size also increases your risk, and may not bring you profit all the time. One bad trade can eat up all the equity in your account.



## **AFTER 20 YEARS, SUPER EAGLES RETURN TO LAGOS FOR COMPETITIVE MATCH**



The Nigerian lead sports brand, Super Eagles are set to make a sensational return to Lagos as Coach Gernot Rohr has revealed that the Africa Cup of Nations' qualifying game with Lesotho will be played in Lagos.

The last time the Super Eagles played a competitive match in Lagos was 20 years ago when they beat Zambia 1-0 in an Africa Cup of Nations qualifier on 13 January 2001 at the National Stadium in Surulere.

The mercurial Austin Okocha lost a penalty kick in the game. But this time, the proposed venue for Nigeria's Africa Cup qualifiers is the Teslim Balogun Stadium.

Should that happen, Sports Village Square recalls that it will be only the second time that the national team will play at the stadium which previously had artificial turf.

The only match played by the Super Eagles at the arena was the 2-1 defeat of Sierra Leone in a friendly match played on 9 February 2011.

Rohr, in a YouTube video shared by the media officer of the Super Eagles justified the choice of Lagos for the match. He explained that with Nigeria's next game holding in either Porto Novo or Cotonou against Benin Republic, it was safer for the players to be assembled in Lagos which is close to the Benin Republic.



## SIMPLE STRATEGIES FOR STICKING TO YOUR GOALS



We always start a new project with the best of intentions, but it's easy to quickly fall off the wagon. Life gets in the way or we lose that early rush of motivation and slowly but surely we land back at square one. Whether you want to get more done each day, work out regularly, or shed a few pounds, these small changes will help you hit those major milestones.

### **Visualize yourself achieving it**

Big goals can feel overwhelming — especially if they require real lifestyle changes. There's a plus side though: You can be certain you'll feel radically different (in a good way!) when you achieve them. Whenever your motivation wanes, visualize how accomplished you'll feel when you reach the finish line.

### **Create accountability**

Try talking to a friend about what you need to do to accomplish your goals, then set a deadline and report back on your progress. For many people, it's important to feel accountable to someone other than yourself — and you can create the same motivation through groups. Want to read more? Join a book club. Need to eat better? Create a healthy eating challenge with colleagues at work.

### **Weigh now against later**

In the moment, it can be tempting to skip an early morning workout in favor of sleeping in, or dig into the chips and dip when you ought to eat a healthy meal. When you're relying on pure willpower to do (or not do) something, try to consider how much long-term happiness you'll get out of it.

### **Make it smaller**

- No matter what you want to achieve, it can probably be broken down into smaller pieces. Rather than summoning the motivation to work out, just push yourself to get up and put on your workout clothes. Instead of "cleaning the house," pick up just a few misplaced items. Once you've started moving in the right direction, it's easier to keep up the momentum, making it more likely that you'll finish the task.



## HEALTHY EATING TIPS FOR SENIORS



As you age, your metabolism slows down, your senses weaken and you're more likely to develop chronic conditions. The good news: You can help ensure your overall well-being over time, by making smart, healthy eating choices.

Here are some ways to improve your nutritional health as you age-

- **Consume more liquids** - As you age, your sense of thirst lessens. To combat this, MyPlate, a healthy eating initiative by the U.S. Department of Agriculture, suggests drinking plenty of water throughout the day to stay hydrated even if you do not feel thirsty. Fat-free milk and 100-percent juice are other options to consider besides water.
- **Eat a variety of foods** - Consuming a variety of foods will ensure you are getting all of the nutrients you need. According to the National Council on Aging, a healthy meal should consist of a lean protein, fruits and vegetables, whole grains and low-fat dairy.
- **Plan your meals** - If you plan your meals throughout the week, you will be less likely to stop following your healthy eating habits. Consider preparing a week's worth of dinners, then keeping them frozen until you need them.
- **Minimize your use of table salt** - As you age, your sense of taste declines. Often, you will want to season your dishes with salt to increase the flavor. Unfortunately, the U.S. Food and Drug Administration reports that consuming too much salt can lead to high blood pressure, which can ultimately lead to heart disease, stroke and kidney disease. Make sure you are consuming no more than 2,300 milligrams of sodium every day.
- **Season with herbs and spices** - Instead of seasoning your foods with salt, use fresh herbs and spices. Cayenne Pepper, Basil, sage, Rosemary and Turmeric are healthy choices that are packed with flavor.

Other ways to reduce sugar consumption, choose healthy fats and consider supplements.

## BEST DRESS SHOES EVERY MAN SHOULD OWN (PART 1)



Being able to present a polished appearance is a valuable life skill that every gent should have in his arsenal. Whether you are dressing for a job interview, a formal function or even a date, being able to look the part is essential for success. While your clothes are naturally a major part of how you present yourself, your shoes are just as important. A man's shoes say a lot about him whether he wants them to or not, so nailing your footwear choice is crucial for projecting the right image. We have compiled the best men's dress shoes that every man should own.

**Oxford** - The Oxford is a classic men's dress shoe that belongs in every gent's closet. It can be identified by its closed lacing system, which features stitching across the bottom. Oxfords also tend to feature a low heel and short back, creating a neat and polished appearance. Perfect for pairing with a suit, Oxfords are a reliable choice for every formal occasion. While black, polished styles easily work for the highest of dress codes, other varieties of Oxfords can suit any number of events.

**Brogue** - Brogues can be a deceptive shoe type. The name comes from the process of broguing, which involves adorning shoes with heavy perforations (large pinpricks). As such, shoes which are technically another style, such as Oxford or Derby, are often classed as Brogues because of this decorative addition.

**Derby** - Like Oxfords, Derby shoes are another common type of dress shoe. Slightly less intricate in design, however, Derbys feature an open lacing system, unlike oxford shoes that have the bottom of the lacing section sewn closed. The comfortable style is suitable for most formal occasions and can easily be paired with a suit. While traditional leather varieties of Derby shoes are perfect for a classic, polished look, other types, in materials such as suede, are ideal for a slightly more casual look.

**Monk Strap** - The monk strap shoe is a stylish and unique dress shoe. Featuring a strap across the top and a buckle (or two), the sleek design can be worn with several formal looks for everything from a business meeting to a night out. The popular and fashionable shoe is also a great choice for gents seeking a polished style with more interest than the standard Oxford or Derby. Just be sure to choose a leather style with a bit of shine to keep the look refined and suitably sharp.

**Loafer** - Loafers are laceless shoes often featuring a Moccasin-style construction. The comfortable slip-on shoe is perfect for adding a stylishly relaxed touch to formal outfits. Although loafers can work with a number of looks, they pair great with suits, especially those worn with flare. Choose between varieties such as classic Penny loafers and tassel loafers in leather for a unique and dapper look. If you really want to impress, however, a decadent pair of velvet loafers will undoubtedly do the trick.



## OFFICE JOKES

- Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking at?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "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?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."
- A lawyer runs a stop sign and gets pulled over by a sheriff. He thinks he's smarter being a big shot lawyer from New York and has a better education than a sheriff from West Virginia. The sheriff asked for his license and registration. The lawyer asked, "What for?" The sheriff responds, "You didn't come to a complete stop at the stop sign." The lawyer says, "I slowed down and no one was coming." "You still didn't come to a complete stop. License and registration please," say the sheriff impatiently. The lawyer says, "If you can show me the legal difference between slow down and stop, I'll give you my license and registration and you can give me the ticket. If not, you let me go and don't give me the ticket." The sheriff says, "That sounds fair, please exit your vehicle." The lawyer steps out and the sheriff takes out his nightstick and starts beating the lawyer with it. The sheriff says, "Do you want me to stop or just slow down?"
- Two factory workers were talking. The woman said, "I can make the boss give me the day off." The man replied, "And how would you do that?" The woman says, "Just wait and see." She then hangs upside down from the ceiling. The boss comes in and says, "What are you doing?" The woman replies, "I'm a light bulb." The boss then says, "You've been working so much that you've gone crazy. I think you need to take the day off." The man starts to follow her and the boss says, "Where are you going?" The man says, "I'm going home, too. I can't work in the dark."
- A doctor and a lawyer were discussing at a party. Their conversation was constantly interrupted by people describing their ailments and asking the doctor for free medical advice. After an hour of this, the exasperated doctor asked the lawyer, "What do you do to stop people from asking you for legal advice when you're out of the office?" "I give it to them," replies the lawyer, "and then I send them a bill." The doctor was shocked but agrees to give it a try. The next day, still feeling slightly guilty, the doctor prepares the bills. When he goes to place them in his mailbox, he found a bill from the lawyer.





## INDUSTRY NEWS

*By James Emejo.thisday Newspaper.Published; November 10, 2020*

## KNOW YOUR FOREX

*<https://www.forextrading.ng/forex-leverage/>*

## SPORTS

*<https://www.sportsvillagesquare.com/2021/02/10/super-eagles-return-to-lagos-for-their-1st-competitive-match-after-20-years/>*

## HEALTHY LIVING

*<https://dailyburn.com/life/lifestyle/achieve-goals/>*

## FOODIE

*<https://www.sunriseseniorliving.com/blog/september-2016/10-healthy-eating-tips-for-seniors.aspx>*

## FASHION

*<https://www.thetrendspotter.net/dress-shoes-for-men/>*

## JOKES

*<https://www.humorthatworks.com/database/funny-work-jokes-to-get-you-through-the-day/>*

# A PUBLICATION OF TRUSTFUND PENSIONS LIMITED

TRUST IS OUR FOUNDATION



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