

TRUSTFUND PENSIONS

NEWSLETTER

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REMEMBER



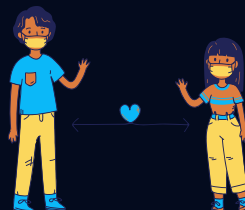
Use
Sanitizer



Wear
Facemask



Wash your
Hands



Keep Social
Distance



Wear
Gloves

**Prince Austin Enajemo-Isire- Chairman**

Prince Austin Enajemo-Isire was born 61 years ago, to the Royal Family of Agbarha-Otor Kingdom, in Ughelli North Local Government Area of Delta State. He attained greatness by dint of hard work and exceptional intellect through the Grace of God. He is currently the Board Chairman, Nigeria Social Insurance Trust Fund (NSITF) and the Founder & Chairman, Davo Dani Microfinance Bank Ltd and Davo Dani International (Nig) Limited.

<https://trustfundpensions.com/directors/>

Dr. Adesoji Adelaja

Dr Adelaja is the John A. Hannah Distinguished Professor in Land Policy at Michigan State University (MSU). His areas of expertise include Land, Place & Regional Economics; Agricultural & Food Industry Development; Economics of Conflict Prevention & Management; Post-Crisis Reconstruction & Redevelopment Policy, Food Security and Renewable Energy Policy. He previously served as university-wide Executive Dean, College Dean, Research Dean, Department Chair and founder/director of several centers and institutes at Rutgers University. In government, he served in advisory roles at the Federal, Regional and State levels, domestically and internationally. Dr Adelaja represents Chapel Hill Denham Management Ltd.

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**Mr. Philip Southwell**

Mr. Southwell has a 25-year career in investment banking and principal investing, mostly focused on emerging markets in Africa, Asia, Middle East, and Central Europe. He has been active in financing infrastructure throughout his career from an M&A, equity capital markets, debt capital markets, loan capital markets & high yield perspective. He has deep management and operational experience including hiring and building local market teams; acquiring operating licences and being the accountable head of regulated businesses in Nigeria, South Africa, Kenya, Egypt, Algeria, Russia, Poland, Hungary, Czech Republic, Saudi Arabia, Lebanon, UAE, UK & US. Mr Southwell represents Nigeria Employers' Consultative Association (NECA).

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**Mr. Abidemi Oni**

Mr. Abidemi Oni is a Fellow of the Institute of Chartered Accountants of Nigeria (ICAN) and Chartered Institute of Taxation Of Nigeria (CITN). He holds a Bachelor degree (Second Class Upper) in Accounting from the Obafemi Awolowo University, Ile-Ife-Osun State Nigeria. An experienced professional with over 20 years work experience in the financial industry, Mr. Oni's experience cuts across performance management, financial controls, operations, strategic & financial planning, taxation, contract negotiations and procurement controls. Mr. Oni represents Chapel Hill Denham Management Ltd.

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Dr. Michael Akabogu

Dr Michael Akabogu is the Managing Director of Nigeria Social Insurance Trustfund (NSITF) and an accomplished professional with broad operation, budgeting, banking, analysis, risk management, project and initiatives management, audit, monitoring and evaluation experience from the public and private sectors.

He obtained a Bachelor of Technology Degree in Crop Production Technology from the Federal University of Technology, Owerri; an MSC in Finance from the University of Rhode Island, North Kingston, RI in 1997; an MBA in Financial Management/Global Management from the Johnson and Wales University, Providence, RI and a PhD in Financial Mathematics from Boston University, Boston, Massachusetts, USA.

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Mrs Temitope Akinwale

Mrs Temitope Caroline Akinwale is a renowned accountant with expertise in accounting structures and operations, legal, regulatory and tax issues and asset management. A graduate of Accounting from the prestigious Obafemi Awolowo University, Ile – Ife. She joined the Nigeria Social Insurance Trust Fund (NSITF) in 2006 as a General Manager/Regional Manager and rose to her current position as Executive Director, Finance and Investment in 2021.

<https://trustfundpensions.com/directors/>



Dr Kelly Nwagha

Dr. Kelly Nwagha, an accomplished Pharmacist, Safety and Health Professional, has in-depth expertise in Management, Marketing, Leadership, Employee care services in Health, Safety & Environment (OHSE), Regulatory Compliance, Social Security programs, Projects Management, Procurement & Logistics, Government and Public administration.

Dr Nwagha was the immediate past Acting Managing Director/Chief Executive of the NSITF and the General Manager, Health Safety and Environment Department, which he pioneered and nurtured it to its present level.

<https://trustfundpensions.com/directors/>



Comr. Quadri Olaleye

Comrade Quadri Olaleye obtained a Graduate Diploma in Corporate Finance and Administration from the Nigerian College of Administration, Lagos in 1996. He is a Fellow of the Chartered Institute of Administration (CIA) and a Member of the Nigeria Institute of Management. A renowned trade unionist, Comrade Olaleye is the President, Trade Union Congress of Nigeria (TUC).

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FG BEGINS PAYMENT OF OUTSTANDING PENSION CONTRIBUTIONS



The National Pension Commission (PenCom) on Tuesday 27th July, 2021, disbursed the 2.5% differential in the rate of employer pension contribution for treasury funded Federal Civil Service retirees and employees. The Commission, however, stated that the payment is from 2019 to December 2020, while indicating that the backlog will be cleared at an unspecified later date. The money will also get to respective retirees who may likely get additional lump sum, while some may get advance monthly withdrawal pension, and active employees will get the 2.5%.

Speaking at the 2021 annual seminar for journalists in Lagos, Head, Contribution & Bond Redemption Department of PenCom, Mr. Saleem AbdulRahman, said that the Commission will also pay the accrued pension rights for verified and enrolled retirees of treasury-funded Ministries, Departments and Agencies (MDAs) that retired but are yet to be paid their retirement benefits.

INVESTMENT NEWS FUND PERFORMANCE REPORT

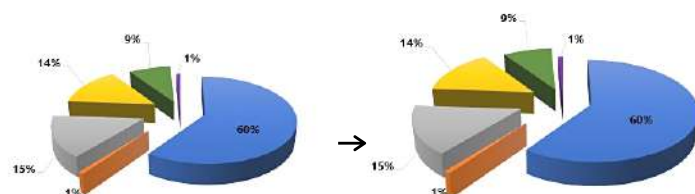
ASSET ALLOCATION
AS AT JULY 31ST, 2020

ASSET ALLOCATION
AS AT JULY 31ST, 2021

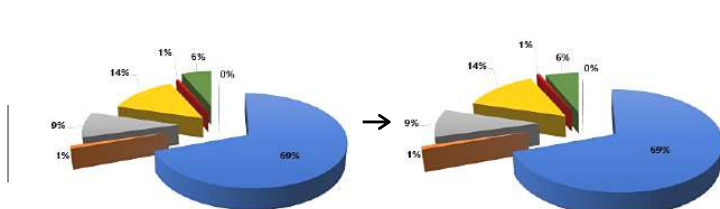
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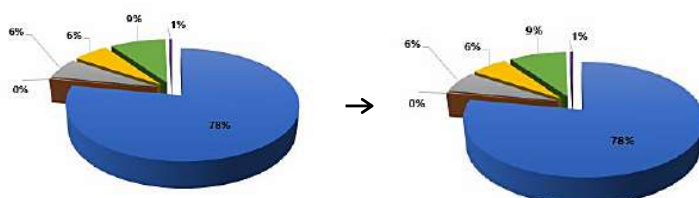
FUND I



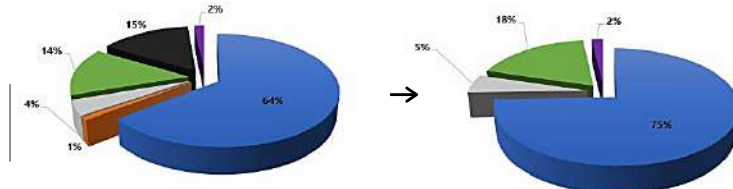
FUND II



FUND III



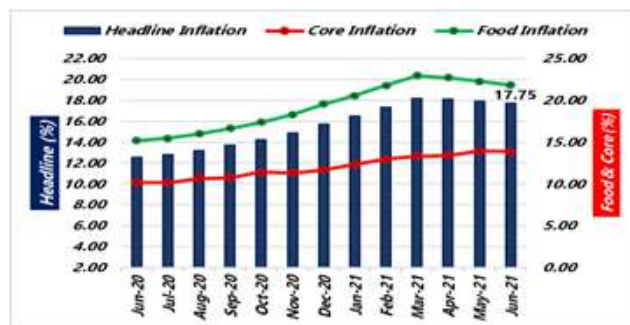
FUND IV



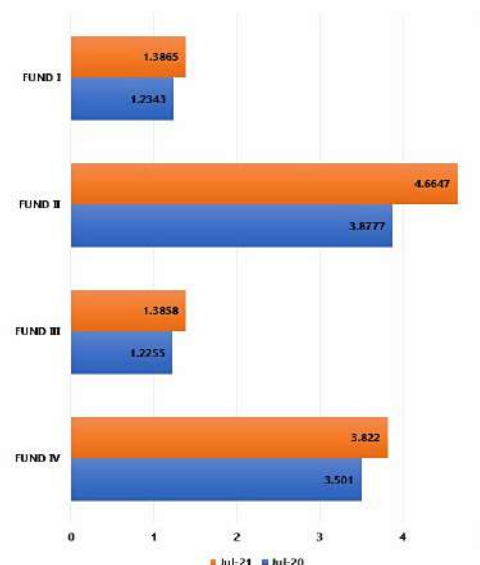
**See Asset Allocation Legend below*

INFLATION TO MAINTAIN UPWARD TREND
AS INSECURITY PERSISTS

PRICE MOVEMENT CHART- JULY '20
TO JULY '21



The Consumer Price Index (CPI) for the month of June 2021 compressed slightly by 18bps to 17.75% from 17.93% recorded in May 2021. This was largely supported by slim drop in the prices of agricultural produce within the period. Food Inflation shed 45bps while Core Inflation dipped by 6bps MoM. However, the recent FX sale discontinuation to BDC operators and the suspension of their licenses suggests that inflation levels could remain elevated in the near term.



ASSET ALLOCATION LEGEND



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.

INTRODUCTION TO CATFISH FARMING



There are hundreds of species of fishes among which are; sea trout, cyprinids, pangas catfish, silver seabream, common carp, catla, greasy grouper, bighead carp, Nile tilapia, grass carp, etc. but most of them are not suitable for fish farming in Nigeria.

The most commonly seen fishes in Nigeria are catfish and tilapia, while the former (catfish) is the most common.

Catfish farming is the act of growing one of the diverse group of ray-finned fish for commercial purpose in Nigeria. This involves building earthen, concrete or tarpaulin ponds, stocking the fingerlings or juveniles and feeding the fish till they become market size.

Why catfish farming?

Catfish is easy to farm in warm climates like Africa, North America, Asia, etc. A number of predators prey on the catfish. These include, bigger fishes, bigger reptiles, mammals and birds. If you don't know about these predators, your catfish farming business may end in woe.



Steps to Starting Catfish Farming in Nigeria

Understand catfish farming's market in your area.

Since your objective is to make profit, you have to investigate the level of demand for the catfish in your area.

Get your likely cost of starting a catfish farming of your intending size.

If you do number 1 above very well, you must have understood your intending market.

Know who your competitors are.

How are they doing? How much of the market demand are they satisfying? Where in your market is yet to be served? Is there any way you could attract more fish retailers to your farm?

Decide what size your catfish farm will be.

The size of your intending catfish farm will determine your choice in this regard.

Get expert help.

The catfish pond should be built according to the standard requires to ensure that your fish grow well.

Take care of your feeds and water for your catfish.

Catfish is known as freshwater animal. Poor quality water alone can kill your catfish farming business. The best sources of water are borehole and river.

Keep records for every area of your catfish business

Generally speaking, record keeping is an integral part of every business.

Watch out for catfish diseases.

Fish is a very delicate animal, just like chickens. You have to watch out for symptoms of diseases.

ESE BRUME WINS NIGERIA'S FIRST MEDAL AT TOKYO OLYMPICS



Nigeria won its first medal at the Tokyo 2020 Olympic Games on Tuesday, 3rd August, 2021 when Ese Brume claimed a bronze medal after finishing third in the women's long jump event. Brume leapt 6.97 metres with her very first jump to claim the bronze behind second-placed Brittany Reece of the United States and gold medallist Malaika Mihambo of Germany.

This medal is Nigeria's first track and field medal since the 2008 Olympics in Beijing when Okagbare won a silver medal. It also makes the long jump the first individual event to give Nigeria three medals at the Olympics with Chioma Ajunwa's gold at the Atlanta '96 Olympics, Okagbare's silver from 2008 and Brume's bronze. Brume also joins Okagbare and Glory Alozie as the only Nigerians to win individual medals at both the World cup and the Olympics.

Brume and Reese swapped top spot a number of times and both looked set to claim gold and silver until Mihambo, with her very last jump, leapt 7.00m to add the Olympic title to the world title she won in Doha two years ago.

THE EFFECTS OF ALCOHOL ON YOUR BODY

Alcohol's impact on your body starts from the moment you take your first sip. While an occasional glass of wine with dinner isn't a cause for concern, the cumulative effects of drinking wine, beer, or spirits can take its toll.

DIGESTIVE AND ENDOCRINE GLANDS

Drinking too much alcohol can cause abnormal activation of digestive enzymes produced by the pancreas. Build up of these enzymes can lead to inflammation known as pancreatitis. Pancreatitis can become a long-term condition and cause serious complications.

SKELETAL AND MUSCLE SYSTEMS

Long-term alcohol use may prevent your body from keeping your bones strong. This habit may cause thinner bones and increase your risk for fractures if you fall. And fractures may heal more slowly.

Drinking alcohol may also lead to muscle weakness, cramping, and eventually atrophy.

SUGAR LEVELS

The pancreas helps regulate your body's insulin use and response to glucose. When your pancreas and liver aren't functioning properly, you run the risk of experiencing low blood sugar, or hypoglycemia.

SKELETAL AND MUSCLE SYSTEMS

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DEPENDENCY

The connection between alcohol consumption and your digestive system might not seem immediately clear. The side effects often only appear after there has been damage. And the more you drink, the greater the damage will become.

DIGESTIVE SYSTEM

Some people who drink heavily may develop a physical and emotional dependency on alcohol. Alcohol withdrawal can be difficult and life-threatening. You often need professional help to break an alcohol addiction. As a result, many people seek medical detoxification to get sober. It's the safest way to ensure you break the physical addiction.

SEXUAL AND REPRODUCTIVE HEALTH

You may think drinking alcohol can lower your inhibitions and help you have more fun in bed. But the reality is quite different. Men who drink too much are more likely to experience erectile dysfunction. Heavy drinking can also prevent sex hormone production and lower your libido.

CENTRAL NERVOUS SYSTEM

One of the easiest ways to understand alcohol's impact on your body is by understanding how it affects your central nervous system. Slurred speech is one of the first signs you've had too much to drink. Alcohol can reduce communication between your brain and your body. This makes coordination more difficult. You may have a hard time balancing. You should never drive after drinking. As alcohol causes more damage to your central nervous system, you may experience numbness and tingling sensations in your feet and hands.

INFLAMMATORY DAMAGE

The liver is an organ which helps break down and remove harmful substances from your body, including alcohol. Long-term alcohol use interferes with this process. It also increases your risk for chronic liver inflammation and liver disease.

CIRCULATORY SYSTEM

Alcohol can affect your heart and lungs. People who are chronic drinkers of alcohol have a higher risk of heart-related issues than people who do not drink. Women who drink are more likely to develop heart disease than men who drink.

MAKING SIMPLE HOME-MADE YOGHURT PARFAITS

A yoghurt parfait often contains some of breakfast's major staples: yoghurt, granola, strawberries, and blueberries. A great thing about parfait is its versatility. You can make it however you choose! It is one of breakfast's most delicious meals, and the best part is it's easy to prepare. Children and adults will love this good-tasting, easy-to-make treat, with the added benefit of it being healthy.

INGREDIENTS

- One cup yoghurt, your choice of flavor
- Fruit, strawberries, blueberries, peaches, etc. (optional)
- Granola
- Cereal (optional)
- Fruit jam or marmalade (optional)



STEPS

- ➡ Locate and organize your ingredients. You'll find the ingredients in a list above. The great thing about parfait ingredients is that it is completely customizable. Keep them in a place near each other on your work station.
- ➡ Place the glass in the middle. You'll be putting the ingredients in this container, so try to keep it near the food items. Chill this glass beforehand in the freezer or fridge. This makes the food cool and keeps it fresh.
- ➡ Add a quarter cup of yoghurt. Don't add all of the yoghurt yet; you still need room in the glass for the other ingredients. At this point, you may add any other ingredients to the parfait. It is your choice; this is what makes a parfait so unique. You can add strawberry jam for some sweetness, cereal, oatmeal, granola, fruit, or whatever else you like. Be sure to leave some room in the cup for the final step.
- ➡ Add the other three-fourths of a cup of yoghurt. You want to have more yoghurt on the top than on the bottom. If you have too much on the bottom all of your cereal and fruit will sink and get soggy in the yoghurt. Use plain yoghurt so the real flavor of the ingredients come out but if you want to intensify the taste of the fruit then add a flavored yoghurt. You can substitute a flavored yoghurt for a fruit. Serve the dish fresh, preferably right after you have prepared it.

HOW TO LOOK PRETTY WITH GLASSES (WOMEN)



For years, people have associated glasses with “book freedom”. The misconception was that if you had spent too much time studying, you would have hurt your eyes and you would have needed glasses. This idea was not only completely false, but has been reversed in the last 15 years, so that eyeglass wearers, depending on the frame and style, seem not only intellectual, but also attractive.

DETERMINE THE SHAPE OF YOUR FACE

The symmetry of your face is generally considered attractive. Therefore, when choosing frames, you need to create a proportional aspect between the left and right sides of your face, as well as the top and bottom.

CHOOSE FRAMES THAT FIT YOUR FACE

Glasses that are too big for your face will deflect the symmetry of your face and viewers will wonder why you have not opted for a more flattering shape for your holders.

GO FOR THIN LENSES

Thick lenses are not only heavy and cumbersome, but can also cause people to associate with nerdy activities.

Even if your vision is not very good, you do not have to suffer from visible thick lenses.

CHOOSE COLORED FRAMES

If you can afford to buy multiple glasses, you can use your color creatively. You can match the color of your frames to your outfit, the weather and even your mood. For a more aesthetic appearance, however, you must choose a “cold” color or a “warm” color.

MATCH YOUR SKIN COLOR WITH YOUR HAIR TYPE

A common feature that you may forget to consider is the quality of your skin.

If your skin is often oily, shiny frames can attract attention and negatively impact your appearance.

JOKES

The doctor has given me two months to live. I've chosen August and December, because I like summer but don't want to miss Christmas.

A lawyer asked a witness when his birthday was.

Witness: "20th August."

Lawyer: "What year?"

Witness: "Every year."

Billy comes home from school on his first day and mom asks him, "What did you learn today?" "Not enough," said Billy. "They said I have to go back tomorrow."

Q: Do fish go on vacation?

A: No because they're always in school!

What has a bank, but no money.
A river bank.



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TRUST IS OUR FOUNDATION



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