

Trustfund Pensions Plc

Trustfund Pensions declares N1bn profit At it's 6th AGM

Trustfund pensions Plc, has declared a profit after tax of N1,005,792 billion, even as shareholders are expected to get a dividend of 25 kobo per share amounting to N250million. In the company's financial result for the year 2013, total income

amounted to N3.897,293 billion while profit after tax was N1,089,909billion.

From its financial analysis, the company's profit after tax increased by 28percent from

N788million in 2012 to N1.005,792 in 2013, fund under management grew from N210.5billion in 2012 to N272.1billion in 2013.

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From Left : Executive Director Operations, Mr. Olawale Wasiu Oluwo, Managing Director/CEO, Mrs. Helen Da-Souza, Chairman Board of Directors, Dr. (Mrs) Ngozi Olejeme and Company Secretary/Legal Adviser, Ms. Monica B. Ani during the 6th Annual General Meeting recently in Abuja.

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Trustfund



Remember teamwork begins by building trust. And the only way to do that is to overcome our need for invulnerability.

— Patrick Lencioni

Contestants during Grand Finale of the Trustfund Talent Show at the Post AGM Dinner

6th AGM Dinner



FROM LEFT: MD/CEO, Ms. Helen Da-Souza and Chief Oseni Elama, 1st MD/CEO Trustfund



Contestant of the Trustfund Talent Show, Goodluck E. Akhidenor Presenting a Flower to the Managing Director, Ms. Helen Da-Souza during the AGM dinner in Abuja recently.



FROM LEFT: Mr. Aderemi Adegboyega, DIRECTOR, and Mr. Olusegun Oshinowo



FROM LEFT: 1st MD/CEO, Trustfund Chief Oseni Elama, Director of Corporate services, Mall. Musa Nasr and Director Operations, Mr. Oluwo Olawale Wasiu



A Cross Section of Trustfund Choir during the 6th AGM Dinner 2014



FROM LEFT: The Wife of one of our Director, Comrade Peter Esele, Chairman Board of Directors, Dr (Mrs.) Ngozi Olejeme and Chief R.U. Uche



Retire Happy!

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Addressing the company's 6th Annual General Meeting (AGM) in Abuja, the Chairman Board of Directors Trustfund Pensions Plc, Dr. Mrs. Olejeme Ngozi said gross earnings and profit after tax for the period increased by 22 and 28 per cent respectively, resulting to correspondent increase in the total assets and shareholders' fund of 17 and 30 percent respectively.

According to her, this monumental increase in profit is due to the quality of customers that have chosen Trustfund Pensions Plc as their preferred administrator; these includes: Lagos State Government, Ogun State Government, Niger State Government, Delta State Government, Osun State Government, Imo State Government, Ekiti State

Government, Zamfara State Government . and top civil servant in the Federal service.

In a closing statement, she said the ultimate goal is to be the leading pension fund administrator in Nigeria; and assures the shareholders of better performance noting improvement of the company's processes has imparted positively on the turnaround in responding to customer issues. She added that the one on one interactive sessions approach by the company has bridged the service gap between the company and stakeholders, by taking services to their doorsteps.

Some of the shareholders responded to the company's performance, President of Nigeria Labour Congress (NLC), Abdulwahed Omar, stated that the company has been industrious to record a significant increase above last year's earnings. Comrade Ayuba Wabba (NLC) said Trustfund philosophy is geared towards a dignified retirement for workers' representation on the company's board. Also, The Director General of Nigeria Employers Consultative Association (NECA), Olusegun Oshinowo, has charged Trustfund Pensions Plc. to take advantage of its ownership by Labour and Employers' bodies to increase share in the pension industry.

TEAMING TO SUCCEED



- *"Coming together is a beginning; keeping together is progress; working together is success."* **Henry Ford**

T-E-A-M: Together Everyone Achieve More!

Trustfund

Event in pictures



MD/CEO, Mrs. Helen Da-Souza hosting Children during the 2013 Christmas Party.



From left: CEO Ugandan Benefits Regulatory Authority, Mr. Moses Bekabye, MD/CEO Trustfund Pensions Plc, Mrs. Helen Da-Souza, Member Ugandan Parliament, Hon. Moses Lugolobi and Chief Compliance Officer Trustfund Pensions Plc, Mrs. Rachael Osa Obi During a study visit to the Trustfund Head Office, by the Ugandan Parliamentary Delegation in Abuja recently.

REPOSITIONING TRUSTFUND PENSIONS PLC, Uyo 2013



From left to right, Executive Director, Corporate Service, Mallam Musa Nasr, Managing Director/CEO, Mrs. Helen Da-Souza and a former Director Mr. Nebolisa Arah, at Retreat.



Trustfund Repositioning Retreat, Uyo October 2013

SPORTS CORNER

Reasons To Play Tennis



Health, fitness, fun make sport excellent choice.

We've all heard tennis referred to as the "sport for a lifetime." But, is this really true?

According to world-renowned scientists from a variety of disciplines, there is no doubt that tennis can improve your overall health, including your mental and physical fitness.

Here are the facts:

- People who participate in tennis three hours per week at a moderately vigorous intensity cut in half their risk of death from any cause, according to the late Dr. Ralph Paffenbarger, who was an internationally recognized exercise authority and studied more than 10,000 people for 20 years.
- Tennis players scored higher in vigor, optimism and self-esteem while scoring lower in depression, anger, confusion, anxiety and tension than other athletes and nonathletes, according to Dr. Joan Finn and colleagues at Southern Connecticut State University.
- Since tennis requires alertness and tactical thinking, it may generate new connections between nerves in the brain and promote a lifetime of continuing development of the brain, reported scientists at the University of Illinois.
- Tennis outperforms golf and most other sports in developing positive personality characteristics, according to Dr. Jim Gavin, author of "The Exercise Habit."
- Competitive tennis burns more calories than aerobics or cycling, according to studies in caloric expenditures.
- Aerobic fitness by burning fat and improving your cardiovascular fitness and maintaining higher energy levels.
- Bone strength and density by strengthening bones of young players and helping prevent osteoporosis in older ones.
- Immune system through its conditioning effects, which promote overall health, fitness and resistance to disease.
- Flexibility due to the constant stretching and manoeuvring to return the ball to your opponent.
- Develop a work ethic because improvement through lessons or practice reinforces the value of hard work.
- Develop discipline since you learn to work on your skills in practice and control the pace of play in competition.
- Manage mistakes by learning to play within your abilities, and realizing that managing and minimizing mistakes in tennis or life is critical.

● Learn to compete one-on-one because the ability to do battle on court trains you in the ups and downs of a competitive world.

● Control stress effectively because the physical, mental and emotional stress of tennis will force you to increase your capacity for dealing with stress.

● Learn how to recover by adapting to the stress of a point and the recovery period between points, which is similar to the stress and recovery cycles in life.

● Learn to solve problems since tennis is a sport based on angles, geometry and physics.

Finally, is it any wonder that scientists and physicians around the world view tennis as the most healthful activity in which you can participate? While other sports can provide excellent health benefits and some can promote mental and emotional growth, none can compete with tennis in delivering overall physical, mental and emotional gains to those who play.

And, it's never too late for adults of all ages to take up the game. The human system can be trained and improved at any stage of life. The key is to start playing now to get the most out of these benefits throughout your lifetime.

Trustfund Staff Newsletter

Trustfund Pensions Plc

Self-Esteem & Body Image

What is self-esteem? Self-esteem is about how you know or appreciate your qualities and skills.

Good self-esteem will help you make healthy choices.

One of the best ways to feel good about your body is to take care of it.

Self-esteem relates to how much you like yourself, and how you recognize or appreciate your individual character, qualities, skills, and accomplishments. Like body image, self-esteem can also be based on how you think other people look at you as a person. People who have low self-esteem may not always feel confident about themselves or how they look. It is often hard for them to see that they are an important and capable person. People with good self-esteem often have a positive and confident attitude about their body and mind, and can recognize their strengths as well as personal value and worth.

What is body image?

Body image is based on your thoughts and feelings about the way your body looks. Sometimes the way you think other people are judging your appearance can affect your body image. Poor body image comes from negative thoughts and feelings about your appearance,

and a healthy body image is made up of thoughts and feelings that are positive. Body image is a major factor in self-esteem; which is the way you think and feel about yourself as a person.

Why is good self-esteem important?

Good self-esteem is important for everyone because it helps you keep a positive outlook on life and makes you feel proud of the person you are, both inside and out. Most teens with good self-esteem find life much more enjoyable. They tend to have better relationships with peers and adults, find it easier to deal with mistakes or disappointments, and are more likely to stick with a task until they succeed.

Good self-esteem gives you the:

- ✓Courage to try new things
- ✓Power to believe in yourself
- ✓Confidence to make healthy choices for your mind and body now and throughout your life

Treating yourself with respect and realizing that every part of you is worth caring for and protecting will help you keep a healthy attitude towards yourself. Building good self-esteem can take a long time and is not always easy, but knowing that you can improve your self-esteem is the first step.

Is there anything I can do if my self-esteem is low?

Yes! If you feel frustrated or too annoyed or upset to talk, try going for a walk or a run, listen to music, or do a favourite activity with someone you enjoy being with. Sometimes expressing how you feel can actually be more helpful than keeping feelings to yourself. Talk with a close friend or relative who you trust and who can offer encouragement and support. It can also be comforting to talk with other teens that may be going through similar experiences. Remember, everyone has felt badly about themselves at some point in time!

What can I do to build self-confidence in the way I look?

There are many ways to help boost self-confidence such as finding a flattering outfit to wear, getting a new hairstyle, or simply eating nutritious foods and exercising. One of the best ways to feel good about your body is to work on having a healthy one! You may not always have control over your appearance, but you do have the power to keep a positive attitude towards yourself.

What are some ways to keep a positive attitude?

A positive attitude can come by defining an identity for yourself

that is not based on looks or negative things other people may say.

You can develop good self-esteem and keep a positive attitude by: Focusing on the good things you do and spending time concentrating on your unique qualities.

Focusing on your education: Learning gives you the power to make a difference in your life and in the lives of others.

Participating in a variety of sports or activities: This can be a great way to stay healthy and fit, which adds to a positive body image.

Being an inspiration to others: If you thought of your own ways to cope with social situations and find confidence, you may find it rewarding to share advice and offer encouragement to others.

Building a healthy body image and good self-esteem can be hard work because it takes time to become confident. As you work to improve your body image, you will experience self-acceptance and learn to recognize the qualities, skills, and talents that make you special.

What Is Emotional Intelligence?

The ability to express and control our own emotions is important, but so is our ability to understand, interpret, and respond to the emotions of others. Imagine a world where you couldn't understand when a friend was feeling sad or when a co-worker was angry. Psychologists refer to this ability as emotional intelligence, and some experts even suggest that it can be more important than IQ. Learn more about exactly what emotional intelligence is, how it works, and how it is measured.

What is Emotional Intelligence?

Emotional intelligence (EI) refers to the ability to perceive, control and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is an inborn characteristic.

Since 1990, Peter Salovey and John D. Mayer have been the leading researchers on emotional intelligence. In their influential article "Emotional Intelligence," they defined emotional intelligence as, "the subset of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this informa-

tion to guide one's thinking and actions" (1990).

The Four Branches of Emotional Intelligence

Salovey and Mayer proposed a model that identified four different factors of emotional intelligence: the perception of emotion, the ability reason using emotions, the ability to understand emotion and the ability to manage emotions.

1. Perceiving Emotions: The first step in understanding emotions is to accurately perceive them. In many cases, this might involve understanding nonverbal signals such as body language and facial expressions.

2. Reasoning With Emotions: The next step involves using emotions to promote thinking and cognitive activity. Emotions help prioritize what we pay attention and react to; we respond emotionally to things that garner our attention.

3. Understanding Emotions: The emotions that we perceive can carry a wide variety of meanings. If someone is expressing angry emotions, the observer must interpret the cause of their anger and what it might mean.

For example, if your boss is acting angry, it might mean that he is dissatisfied with your work; or it could be because he got a speeding ticket on his way to work that morning or that he's been fighting with his wife.

4. Managing Emotions: The ability to manage emotions effectively is a key part of emotional intelligence. Regulating emotions, responding appropriately and responding to the emotions of others are all important aspects of emotional management.

According to Salovey and Mayer, the four branches of their model are, "arranged from more basic psychological processes to higher, more psychologically integrated processes. For example, the lowest level branch concerns the (relatively) simple abilities of perceiving and expressing emotion. In contrast, the highest level branch concerns the conscious, reflective regulation of emotion" (1997).

5 Important Tips for Better Eye Health in a Digital World

1. Customize Your Environment

You can adjust your environment when using digital devices to promote healthier eyes. If possible, use a large monitor or screen magnifier to reduce eye strain. Make sure your chair is close to your computer and you are sitting in a chair with adequate lower-back support. Position your chair so that you are comfortable.

2. Think About Lighting

For extended reading, change your monitor settings to a reflective lighting scheme. But don't only think about your computer lighting.

Good room lighting isn't just flattering. It's also healthy for your eyes. So, keep bright lighting overhead to a minimum. Too much lighting overexposes and irritates the eyes, while too little causes the eyes to strain in order to see.

3. Adjust Your Reading Angle

Adjust the screen so you look at it slightly downward and are about 24 to 28 inches away. The center should be about 4 to 6 inches below your eyes. Also, make sure your screen is big enough and with just the right brightness and contrast so you're not straining to see text or images clearly. Adjust the screen settings to where they are comfortable for you.

4. Magnify Text on Screen

For those with permanently reduced vision, magnifying the text and images on your device will help you avoid straining your eyes from squinting. Almost every device can be adjusted to display larger text, and for those with compromised vision, this can make reading much easier.

5. Blink and Take Frequent Breaks

Devices are set up for virtually nonstop work — but you aren't a machine. You need to take breaks to recharge, and so do your eyes. Use the "20-20-20 rule." It's easy to remember: every 20 minutes, take a 20-second break, and look at something 20 feet away. And don't forget to blink! Blinking washes your eyes in naturally therapeutic tears. If you regularly wear glasses, also make sure you have proper lenses for the computer.

Additional Voluntary Contribution (AVC)

Poised to ensure quality lifestyle for its subscribers at retirement, Trustfund Pensions Plc has taken a front seat, in the quest to ensure that Additional Voluntary Contribution is braced by as many subscribers as possible to share up the Retirement Savings Account (RSA) balance before exiting the world of work.

Not limiting itself to the formal sector employers whose interest the Pension Reform Act 2004 has made adequate provision for organisation is also in the fore front of taking Voluntary Contribution to the million of Nigerians that are in the informal sector of the economy whose provision under the act is rather skimpy.

Below is brief summary of Additional Voluntary Contribution (AVC) and Voluntary Contribution (VC)

AVCs are additional/discretionary payments above the mandatory 15% employer/employee contributions. An RSA holder can make additional contribution up to 100% emolument.

AVCs can be accessed at anytime before retirement. Withdrawals are tax free provided such withdrawal occurs after FIVE YEARS of making contributions.

Features of AVC

- You must have a Retirement Savings Account (RSA) to start the AVC.
- The contribution must come through your payroll/employer. You do not need a fresh registration to get started.
- AVCs are accessible at anytime and are non taxable if undrawn for a minimum period of 5 years.
- AVCs attract the same investment returns as your statutory pension contributions.
- AVCs can be made towards specific targets or goal or as additional income for when you retire.

Factors you need to consider before starting the AVC

How to start the AVC

- Determine your goals or target where the AVC is specifically for a target or goal.
- Where the AVCs are additional funds towards your retirement:
 - (1) Look at your anticipated cost of living and level of expenditure when you retire.
 - (2) How much time do you have left to work before you retire.
 - (3) What will your pension value amount to when you retire.

Advantages of the AVC

- After taking into consideration the above listed factors, decide on the extra amount of money you want to contribute on a monthly basis.
- Instruct your employer to make the deduction from your salary and remit along with the statutory contributions to your RSA. The amount for the AVC must be indicated in the column provided for it in the Schedule of Contributions to be sent to the Pension Fund Custodian.
- It encourages a saving culture.
- It provides you with funds for the goals/targets.

- It provides you with additional funds and financial strength at retirement.
- It gives you the confidence to face life challenges at retirement.
- You get significant return on Investment (ROI) than if you were to put the money in a savings account.
- You qualify for a reduction in personal income tax under section 104, of the Personal Income Tax Act 1993.
- If the AVC is funded by your employee, your employer qualifies for reduced company income tax as the additional funds are allowable expenses.

How to Withdraw

Funds in the AVC can be accessed at anytime. This makes it possible for you to meet unexpected demands.

TIP: If you began saving for your pension very late - perhaps in your 40s or even later - then you must try to make up lost ground. An AVC is an ideal way to do so.

Why Should I Eat Cucumber?

Reasons Why You Should start eating Cucumber. Cucumbers are number four most cultivated vegetable in the world and known to be one of the best foods for your overall health, often referred to as a super food.

Cucumber rehydrates body if you are too busy to drink enough water, eat the cool cucumber, which is 90 per cent water. It will cheerfully compensate your water loss. Cucumber fights heat inside and out.

Eating cucumber will get your body relief from heartburn. Apply cucumber on your skin and you will get relief from sunburn. Cucumber eliminates toxins. All that water in cucumber acts as a

virtual broom, sweeping waste products out of your body. With regular eating, cucumber is known to dissolve kidney stones. Cucumbers have most of the

vitamins the body needs in a single day. Vitamins A, B and C, which boosts your immune system, also keep you

radiant and give you energy. Make it more powerful by juicing cucumber with spinach and carrot. Don't forget to leave the skin on because it contains a good amount of vitamin C, which is about 12 per cent of the daily recommended allowance.



Homemade Lemonade

Ingredients

Sugar
Water
Lemon juice

Method

Make simple syrup by heating the sugar and water in a small saucepan until the sugar is dissolved completely. While the sugar is dissolving, use a juicer to extract the juice from about 4 to 6 lemons, enough for one cup of juice.

Then add the juice and the sugar water to a jug. Add 3 to 4 cups of cold water, more or less to the desired strength. Refrigerate for about 30 to 40

minutes. If the lemonade is a little sweet for your taste, add a little more lemon juice to it. Serve with ice, sliced lemons.



KNOW YOUR DIRECTORS

Trustfund

Directors At A Glance

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