

TRUSTFUND PENSIONS

# NEWSLETTER

June, 2021. Volume 14, Issue 21



# INSIDE THIS ISSUE

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

## REMEMBER



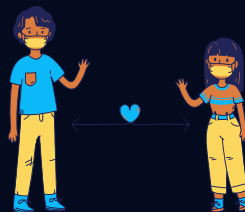
Use  
Sanitizer



Wear  
Facemask



Wash your  
Hands



Keep Social  
Distance



Wear  
Gloves

# COMPANY NEWS

## TRUSTFUND HOLDS TOWNHALL MEETING



Barr. Nasr Adamu Musa, Managing Director/Chief Executive Officer (MD/CEO) during his speech at the Townhall Meeting.

The Company held a town hall meeting for the Management Team and Staff. The meeting gave the opportunity to share important information on issues ranging from staff welfare, quality customer services and the way forward for the organization.

The new Executive Management Team, Barr. Nasr Adamu Musa, Managing Director/Chief Executive Officer (MD/CEO) ; Mr. Tunde Akinsola, Executive Director, Operation; Mrs. Eno Adetayo-Olugbemi, Executive Director, Business & Personnel Development and Mr. Uche Ihechere, Executive Director, Finance & Benefits Administration were introduced to the staff.

The Executive Director, Business and Personnel Administration, Mrs. Eno Adetayo-Olugbemi anchored the meeting. She applauded Staff and Management of the company for last year's achievement. She assured staff that the aim of the new Management Team is to build an organization that all would be proud of.

Head, Benefits Department, Mr. Tijani Muritala in his closing prayer thanked God for the Company's achievement and prayed for more success.



Mrs. Eno Adetayo-Olugbemi, Executive Director, Business & Personnel Development during her speech at the Townhall Meeting.

## CONTRIBUTORY PENSION ASSETS RISE TO N12.4TN, SAYS PENCOM



The National Pension Commission (PenCom) has revealed that the total assets under the Contributory Pension Scheme rose to N12.4tn at the end of April, 2021. This was contained in PenCom's unaudited report on the pension funds industry portfolio for the period ended April 30, 2021. The report also provided data on approved existing schemes, Closed Pension Fund Administrators and Retirement Savings Funds (including unremitted contributions at the Central Bank of Nigeria and legacy funds).

The report highlighted that the CPS, which lost some funds in recent months, returned to a growth path as it gained N92bn in March rising to N12.34tn as at the end of March from N12.25tn in February. The assets, which have been the fastest-growing funds in the economy lost N7bn in January.

N8.4tn of the funds was invested in Federal Government's securities in March. Other investment assets where the funds were invested included domestic and foreign ordinary shares; corporate debt securities comprising of corporate bonds, corporate infrastructure bonds, corporate green bonds and supranational bonds. The funds were also invested in local money market securities, comprising bank placements, commercial papers and foreign money market securities. The PFAs invested the rest in mutual funds comprising open/close-end funds, real estate investment trusts, real estate properties, private equity funds, infrastructure funds, cash and other assets.

# INVESTMENT NEWS FUND PERFORMANCE REPORT

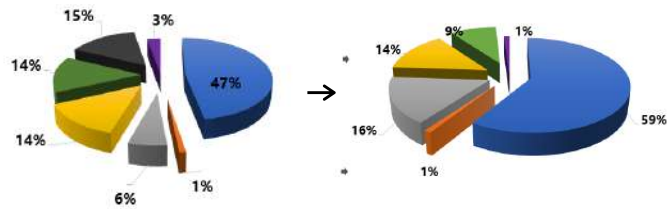
ASSET ALLOCATION  
AS AT MAY 31ST, 2020

ASSET ALLOCATION  
AS AT MAY 31ST, 2021

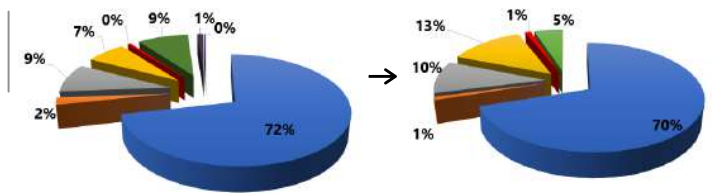
ASSET ALLOCATION  
AS AT MAY 31ST, 2020

ASSET ALLOCATION  
AS AT MAY 31ST, 2021

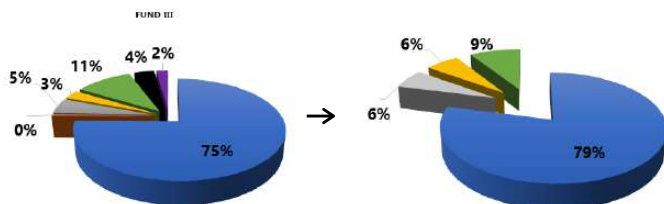
## FUND I



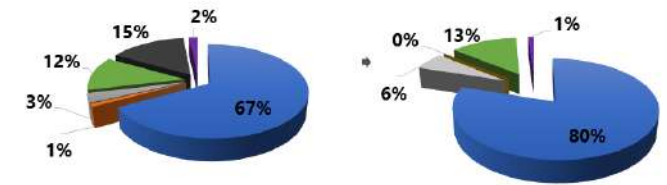
## FUND II



## FUND III

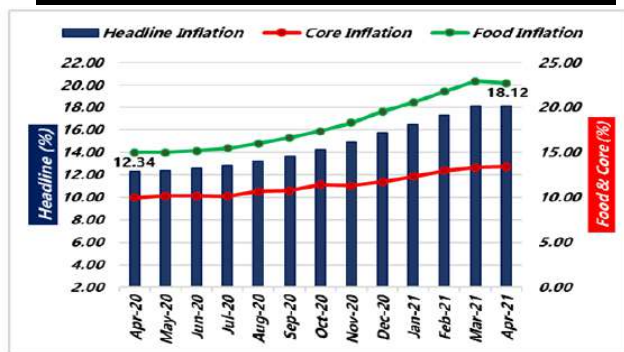


## FUND IV



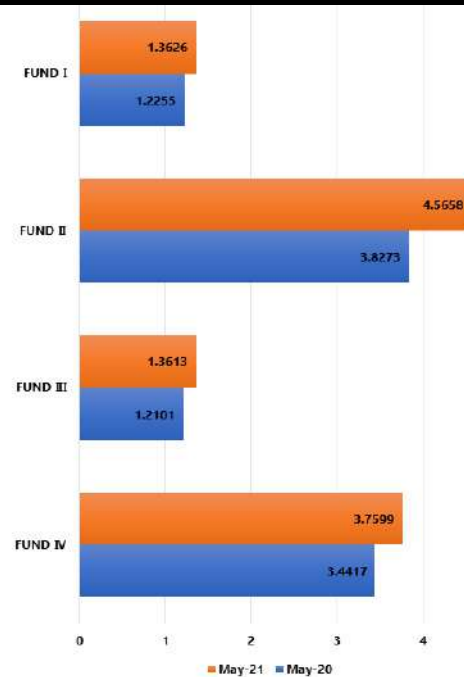
*\*See Asset Allocation Legend below*

## INFLATION TO MAINTAIN UPWARD TREND AS INSECURITY PERSISTS



Inflation rate moderated 5bps to 18.12% yoy in April 2021, from 18.17% recorded in March. We believe that the decline in headline inflation was largely attributable to the increase in food supply following the dry season harvest that commenced in April. However, it can be agreed that trade route disruptions, increased demand (supported by the recent festivities) and increased transportation costs suggests that inflation levels would remain elevated in the near term.

## PRICE MOVEMENT CHART- MAY'20 TO MAY'21



## 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.

## HOW TO TRADE FOREX FOR BEGINNERS



There are various financial instruments available for Nigerians that can be used to earn profits and build your wealth. However, it is critical to choose the right instrument which is the most suitable for you.

Investing in the right instrument at the right time could not only ensure healthy profits for you but could also help you in maximizing your savings. One of the most popularly traded instruments is currencies. Currency trading has been around for centuries, and it is one of the most common instruments used by small as well as large traders.

Before making the decision to invest in foreign exchange (forex), it is important to grasp the nuances of forex trading.

### **Learn the Basics of Forex**

Forex trading essentially refers to the over-the-counter market where traders can exchange currencies. The mechanics of forex trading are very similar to other instruments such as stocks. You just need to analyze the market conditions and then buy or sell a currency with the expectation that it will rise or fall in price. Once the desired price points have been reached, you can simply sell or buy the currency to realize your profits.

Apart from traders, major companies, governments, banks, private investors, as well as other entities trade in the forex market everyday. Trading activities in the forex market can be conducted 24 hours a day from Mondays to Fridays.

It is worth noting that the trading volume of forex markets is much more than all the stock markets in the world put together. In addition to this, the forex market is one of the best mediums to generate extra income in order to maximize your wealth.

A major advantage of the forex market is that a wide range of currencies; US Dollar, the Euro, British Pound, Yen is available.

<https://www.forextrading.ng/how-to-trade-forex/>

**TOKYO  
2020:  
NIGERIA  
QUALIFY  
FOR  
WOMEN'S  
4X400M  
RELAY**



Team Nigeria's women 4x400m relay team will be among the 16 nations that will file out for the event at the Tokyo Olympics after scorching to a 3:26.84 African lead Thursday at the Lagos Open Athletics Championship in Lagos.

The team anchored by Patience Okon-George has now jumped to the front of the queue for the four available slots on offer for the event in Tokyo. The trio is made up of the the world's fastest U-18 girl, Imaobong Nse Uko; NCAA 200m finalist Favour Ofili and Knowledge Omovoh. Team Nigeria is now ranked 13th for the best 16 nations that will be in Tokyo, ahead of Belarus (3:28.14), Australia (3:28.64) and Switzerland (3:28.77), who have all provisionally qualified.

The 4x400m team has now become the second Nigerian relay team to qualify for the Olympics after the women's 4x100m team, led by Blessing Okagbare sealed their passage to the games with a 42.97s run at the National Championship (Olympic Trials) at the sports ground of Yaba College of Technology (YabaTech), Lagos. Nigeria won a silver medal in the 1600m relay 25 years ago at the Atlanta Olympics when Falilat Ogunkoya led Charity Opara, Bisi Afolabi and Fatimah Yusuf to set a new 3:21.04s African record.

The men's 4x100m team however failed to make it despite improving to 38.59 seconds. However, they will get their final chance to book their flights to Tokyo at the Making Of Champions Relays on Sunday at YabaTech together with the 4x100m and 4x400m mixed relay teams.

<https://guardian.ng/sport/tokyo-2020-nigeria-qualify-for-womens-4x400m-relay/>

## TIPS FOR BETTER MENTAL HEALTH

Try these tips to keep your balance or re-balance yourself.

### VALUE YOURSELF

Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects, or broaden your horizons. Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.

### SURROUND YOURSELF WITH GOOD PEOPLE:

People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, class or support group.

### GIVE YOURSELF

Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need — and it's a great way to meet new people.

### LEARN HOW TO DEAL WITH STRESS:

Like it or not, stress is a part of life. Practice good coping skills: Try One-Minute Stress Strategies, exercise, take a nature walk, play with your pet or try journal writing as a stress reducer. Also, remember to smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.

### QUIET YOUR MIND

Try meditating, Mindfulness and/or prayer. Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of therapy.

### SET REALISTIC GOALS

Decide what you want to achieve academically, professionally and personally, and write down the steps you need to realize your goals. Aim high, but be realistic and don't over-schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal. Wellness Coaching can help you develop goals and stay on track.

### BREAK UP THE MONOTONY

Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious schedule. Alter your jogging route, plan a road-trip, take a walk in a different park, hang some new pictures or try a new restaurant.

### TAKE CARE OF YOUR BODY

Taking care of yourself physically can improve your mental health. Be sure to:

- Eat nutritious meals
- Avoid smoking and vaping-- see Cessation Help
- Drink plenty of water
- Exercise, which helps decrease depression and anxiety and improve moods
- Get enough sleep. Researchers believe that lack of sleep contributes to a high rate of depression.

### AVOID ALCOHOL AND OTHER DRUGS

Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to "self-medicate" but in reality, alcohol and other drugs only aggravate problems.

### GET HELP WHEN YOU NEED IT

Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.



## 3 THINGS TO CONSIDER WHEN CLEARING OUT YOUR CLOSET



So many things hold memory for different people, from items of clothing to shoes and so much more. However, the more you keep things, the more clustered your space is. There are so many items you have kept in your closet for so long without using them. To make things easier for you, you should make a habit of clearing out your closet every year or so. Understandably, we tend to be attached to our clothes which makes it hard to determine what to toss and what to keep.

Below are some ways to clear to determine what to do away with in your closet:

### **When last?**

When you look at each clothing item, can you remember when last they were worn, even shoes. If you have those items that you haven't actually worn in such a long time, you should consider getting rid of them. If you have no reason to use any item in a year or more, then there is no need to keep those items. Give them out to people who have needs for them and free your closet.

### **Does it fit?**

There are so many items you are keeping because they are gifts or because of the memory they hold for you, however, these items no longer fit. There is absolutely no reason to keep anything that does not fit anymore. here are some unique trends like oversized sweaters and cropped tops but that's different from wearing ill-fitting clothes. Try on those items you have doubts about especially your bras and check whether they're the right size for you.

### **Out of fashion?**

Holding on to items that were in style years ago won't make you feel confident. You don't want to be spotted with things that just don't look good anymore so it is definitely in your best interest to accept that the trend was hot while it lasted. You could try having classic essentials in your closet that will never run out of style instead of always focusing on trends that come and go within a few months.

When you free your closet, you know what you need and in all honesty, free spaces are therapeutic.

# JOKES

Who gets the money?

In a room there is a poor Nigerian man, a rich Nigerian man, Santa Clause, and the Tooth Fairy. In the middle of the room there is a million dollars. Out of the 4 who gets the millions dollars?

Obviously the poor Nigerian man because the other 3 do not exist.

My Nigerian coworker told me he was leaving early to go the doctor.

I said " Oh, which doctor?"

He responds, "Yeah bro. "

An American, a Brit, a Canadian, a Dane, an Ethiopian, a Frenchman, a Greek, a Haitian, an Irishman, a Jew, a Kiwi, a Lithuanian, a Mongolian, a Nigerian, an Omani, a Peruvian, a Qatari, a Roman, a Scotsman, a Uruguayan, a Venezuelan, a Western Saharan, a xenophobe and a Zimbabwean walk into a bar

The bartender says

"Im sorry, but you can't come in here without a Thai"



# A PUBLICATION OF TRUSTFUND PENSIONS LIMITED

TRUST IS OUR FOUNDATION



**Paschal Bayfau Labour House, Plot 820/ 821, Central Business District, P.M.B. 254, Garki, Abuja, FCT, Nigeria**



**08178090736, 09- 4628400, 09060001245, 08069778760**



**[www.trustfundpensions.com](http://www.trustfundpensions.com)**



**-@trustfundpltd**

**DISCLAIMER:**

*The views and opinions expressed in articles in this publication culled from sources **outside** Trustfund Pensions Limited are those of the authors and do **not** reflect the policy or opinion of the Company.*