

TRUSTFUND PENSIONS

NEWSLETTER

October, 2021. Volume 8, Issue 23



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REMEMBER



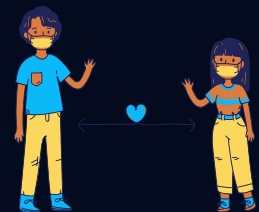
Use
Sanitizer



Wear
Facemask



Wash your
Hands



Keep Social
Distance

COMPANY NEWS

**CUSTOMER
SERVICE
WEEK: 4TH
TO 8TH
OCTOBER,
2021**



Barr. Nasr Musa, MD/CEO Trustfund Pensions Limited

FROM THE MD'S DESK...

The "Power of Service" speaks to the need for excellence in the services rendered to both our internal and external customers. The resultant effect of this is a long-term positive impact on the Company.

As an organisation, it is an opportunity to renew our commitment to providing superior services to our customers. It is imperative therefore, to reiterate the need for every staff to be customer centric in all aspects of our operations.

Customer Service rendition is the responsibility of every employee of Trustfund, not just the Customer Support Officers who are our front office staff.

Barr. Musa Nasr, MD/CEO

PHOTO SPEAKS



L-R: Mr Samuel Ranor, a Trustfund Pensions Customer, being attended to by Mrs Christiana Idowu, a Customer Support Services Officer, Trustfund Pensions Limited during the just concluded Customer Service Week.



L-R: Mr Olalekan Olutekunbi, Head, Customer Care Unit, Trustfund Pensions Limited, attending to Comptroller B.A Abalaka, a Trustfund Pensions Customer, during the just concluded Customer Service Week.



L-R: Mr Obasi Evarest Oluchukwu, a Trustfund Pensions Customer, being attended to by Mrs Magdalene Momoh, a Customer Support Services Officer, Trustfund Pensions Limited, during the just concluded Customer Service Week.



L-R: Mrs. Florence Paul-Afolabi, a Customer Support Services Officer, Trustfund Pensions Limited, attending to Rukaiya Umar Dabo, a Trustfund Pensions Customer, during the just concluded Customer Service Week.

TRUSTFUND PENSIONS SENSITIZES EMPLOYERS ON RECENT DEVELOPMENT IN THE PENSION INDUSTRY



L-R: Mr. Cletus Ikyobo, Desk Officer, TSB Makurdi; Mr. Christopher Fakanlu, Head, Compliance, Trustfund Pensions Limited; Mr. Chuks Ogbatue, Representative from Zenith Pensions Custodian Limited; and Mr. Anthony Nnegha, Head, Customer Support Services, Trustfund Pensions Limited at the 2021 Employers Forum organised by Trustfund Pensions Limited, in conjunction with Zenith Pensions Custodian Limited, recently in Abuja.

Trustfund Pensions Limited, in conjunction with Zenith Pensions Custodian, organized the 2021 Employers Forum and Interactive Session with the aim of keeping employers up to date with development in the Pension Industry.

Speaking on the objectives of the forum, the Head, Compliance of Trustfund Pensions Limited, Mr Christopher Fakanlu, emphasised the importance of taking responsibility in ensuring the smooth running of the Contributory Pensions Scheme (CPS). He added that the forum provides an avenue to get feedback from participants on how to improve the quality of service delivery to relevant stakeholders in the industry.

Mr Fakanlu encouraged employers to allow employee make their choice of Pension Fund Administrator (PFA), noting that Section 11(1) of the Pension Reform Act, 2014 provides that every employee shall maintain an RSA in his name with the Pension Fund Administrator (PFA) of his/her choice.

Section 4(1) of the Pension Reform Act specifies the rate of contribution for any employee of 8% employee contribution and 10% employer contribution. However, where an employer decides to bear the full burden of the Act by taking the full burden off the employee, the Act specifies that such employer should pay 20% Monthly Employee's Emolument (MEE), he added.

Addressing the challenges associated with Contribution Remittance Schedules, the Head of Enrolment Unit, Trustfund Pensions, Mr Abdullateef Afolabi, noted that if Pension Desk Officers adhere to the recommendations for improvement, there would be prompt retrieval of payment schedules from the employers within 3 days of deposit, prompt crediting of the pension deposits to the respective RSA not more than 24 hours after deposit and timely credit alerts.

The event was attended by some management staff of Trustfund Pensions, representatives from Zenith Pensions Custodian and contact points/ Pension Desk Officers (PDOs) of Employers.

**70,000
INFORMAL
SECTOR
WORKERS
REGISTER
FOR MICRO
PENSION**

MICRO PENSION



The National Pension Commission (PenCom) reports that 70,000 workers in the informal sector have embraced the Micro Pension Plan (MPP) under the Contributory Pension Scheme (CPS) as at August 2021. The figure, however, is only 0.07 per cent of the 90.21 million workers in the nation's informal sector.

Data obtained from the Commission shows that the number is set to rise, following recent actions by PenCom, such as mandating Pension Fund Administrators (PFAs) to commence the submission of yearly media campaign plans. PenCom noted that it had identified the need to intensify enlightenment on the MPP as a critical success factor. The framework spells out the modalities for the Commission and Pension Fund Administrators to ensure effective and sustained enlightenment and public awareness drive of the MPP.

The Commission noted that Section 2(3) of the PRA 2014 states that employees of organisations with less than three employees as well as self-employed persons, may participate under the Scheme in accordance with Guidelines issued by the Commission. Section 23 (f) of the PRA 2014 mandates the Commission to “carry out public awareness, enlightenment and education on the establishment, operations and management of the Scheme”.

INVESTMENT NEWS FUND PERFORMANCE REPORT

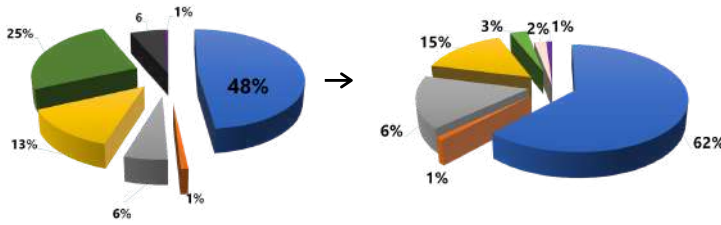
ASSET ALLOCATION
AS AT SEPTEMBER 30TH,
2020

ASSET ALLOCATION
AS AT SEPTEMBER 30TH,
2021

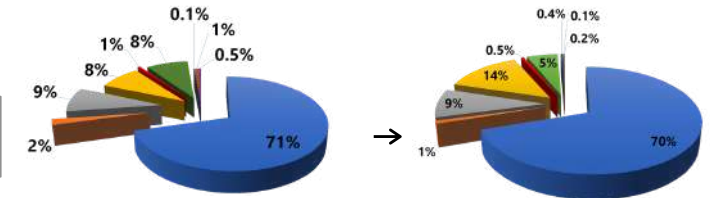
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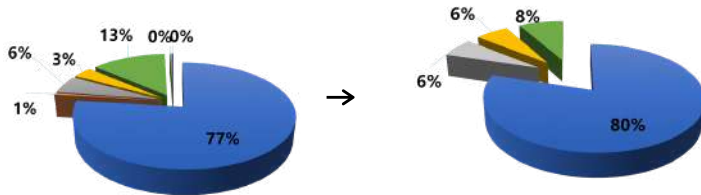
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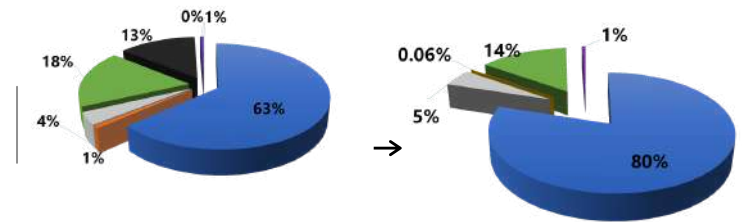
FUND II



FUND III

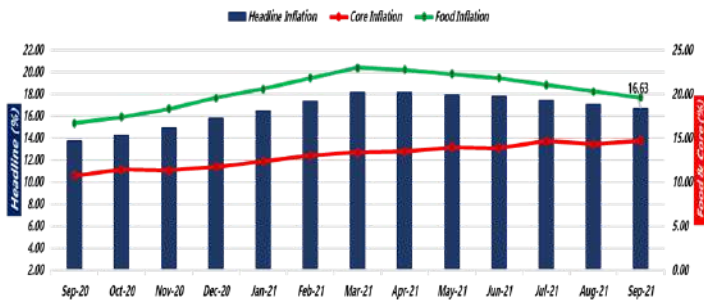


FUND IV



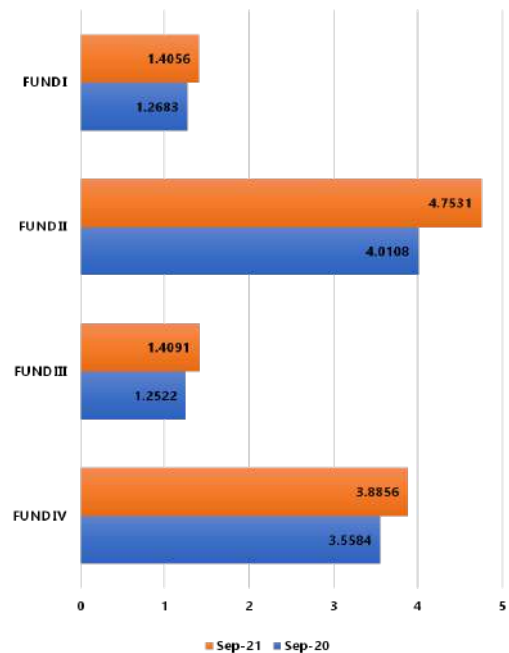
*See Asset Allocation Legend below

INFLATION TO MAINTAIN UPWARD TREND AS INSECURITY PERSISTS



Inflation rate moderated 38bps to 16.63% yoy in September 2021. This was supported by slim drop in the prices of agricultural produce within the period. Food Inflation shed 73bps to 19.57% while Core Inflation dipped by 33bps to 13.74% MoM. We expect inflation to remain elevated in the near term, albeit lower than previous months. This is based on robust vaccination processes, Forex market stability and continued interventions by the fiscal and monetary authorities.

PRICE MOVEMENT CHART- SEPT. '20 VS SEPT. '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.

SNAIL FARMING IN NIGERIA: PROFITABLE BUSINESS GUIDE FOR BEGINNERS



Snail consumption in Nigeria is very popular especially for its unique taste and nutritional value. It also has a huge global popularity. It contains a high amount of protein, iron, calcium, magnesium, vitamin A and very low in fat. Snail farming business in Nigeria has huge economic value. Some people consider snail farming in Nigeria as a good money spinning venture.

Why Snail Farming?

- Snails are hermaphroditic in nature and highly reproductive hence they reproduce very fast
- One snail can lay eggs 6 times in a year and over 80 to 100 eggs at a time
- Enriched with highly nutritious ingredients such as iron, protein, calcium, phosphorus and very low in cholesterol, sodium and fat, snail meat is better than red meat
- Snail is widely accepted across Nigeria. It is popularly consumed in the southern part of the country and has a great market value in the country and West African region.
- Domestic snail farming in Nigeria can meet the family nutrition demands.
- Commercial snail farming in Nigeria can generate extra income in addition to meeting the national demand.
- Establishing a snail farm in Nigeria using modern technologies, requires less capital investment and produces much within a very short period. Running costs is also very low.
- Risk of losses is low compared to other types of livestock farming system.
- Every part of a snail is usable.
- You can make ten times more profit from snail farming in Nigeria within a year with little or no risk.
- Snail farming is not time consuming and there are no stress, odour, noise and irritation.

(Watch out for 'Steps in Starting Snail Farming in Nigeria' in our next edition)

**MARYROSE
WINS 21ST
IBB LADIES'
CLOSE
CHAMPIONS
HIP**



The Lady Captain of IBB Golf and Country Club, Maryrose Richard-Obioha has emerged the winner of the 2021 Ladies Close Golf Championship. The amateur golfer was adjudged overall champion after grossing 197 with the net of 148 to outplay other 65 players who featured in the 36 holes competition.

While thanking everyone who supported her to achieve this dream, Lady Maryrose noted that she is not surprised that she won the Close, while expressing her excitement in winning the trophy. According to her, “It is not easy shaking off the duties of organising the event and emerging winner among other ladies who are equally good golfers. I hope to keep up the good work and defend the trophy next year.”

Similarly, in the Ladies Handicap 0-18, Police Officer, Amina Wilfred played 150 net to win the category while her colleague and Rival on the Course, Rachael Danjuma came second with 158. The Secretary of the club, Lizzy Asomugha won the 4th place best net.

In the handicap 19-36, Patience Katchy was adjudged the best net with 153 on count back after ties with J. Ayu on the same score margin. In the Eaglet Veteran Ladies, N. Nwaogu grossed 104 to emerge Best Net while MF Mmakwe won the Super Veterans.

The men’s Best Gross of the night went to a former Captain of the Club, Okey Igweh.

TAKE CARE OF YOUR MENTAL HEALTH

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices.

Why is mental health important?

Mental health helps you;

- Cope with the stress of life
- Be physically healthy
- Have good relationships
- Make meaningful contributions to your community
- Work productively
- Realize your full potential

How to improve your mental health

Practice these tips to improve your mental health:

Staying positive. It's important to have a positive outlook; some ways to do that include;

- Finding balance between positive and negative emotions
- Trying to hold on to the positive emotions when you have them
- Taking a break from negative information

Practicing gratitude i.e being thankful for the good things in your life.

Taking care of your physical health, since your physical and mental health are connected. Some ways to take care of your physical health include

- Being physically active
- Getting enough sleep
- Healthy eating.

Connecting with others. Humans are social creatures, and it's important to have strong, healthy relationships with others. Having good social support may help protect you against the harms of stress. It is also good to have different types of connections.

Developing a sense of meaning and purpose in life. This could be through your job, volunteering, learning new skills, or exploring your spirituality.

Developing coping skills, which are methods you use to deal with stressful situations. They may help you face a problem, take action, be flexible, and not easily give up in solving it.

Meditation, which is a mind and body practice where you learn to focus your attention and awareness.

Relaxation techniques are practices you do to produce your body's natural relaxation response. This slows down your breathing, lowers your blood pressure, and reduces muscle tension and stress.

TIGER NUT MILK – THE NEW MIRACLE DRINK

Tiger Nut juice (popularly known as kunun aya in Hausa language, Horchata de Chufa in Spanish and Atadwe in Ghana) is a traditional creamy milk-like drink with a spicy nutty taste. Predominantly consumed in the Northern part of Nigeria, the drink is gradually gaining acceptance in other parts of the country. Known for its refreshing taste and rich nutritional benefits, kunun aya is also widely appreciated for its sugar-free quality making it suitable for diabetics. Here are some amazing benefits of this drink.



RICH IN FIBRE

Fibre aids digestion, facilitates weight loss, adds bulk to faeces and facilitates easy transit of waste materials. The high insoluble dietary fibre present in tiger nut milk regulates blood sugar levels and helps the diabetic patients remain healthy. Tiger nuts are also effective in the treatment of stomach upset, flatulence, diarrhea and other digestive

NON-ALLERGENIC

Tiger nuts are relatively non-allergenic. As they are plant-based, their milk contains no lactose. On the other hand, they are not nuts nor grains and as such are gluten-free.

A HEALTHY MILK SUBSTITUTE

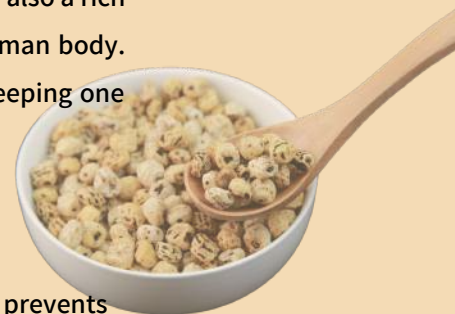
For those who are lactose intolerant, the creamy Tiger nut Milk is a healthy option as it is lactose-free. Just like regular milk, it is rich in calcium which is necessary for bone and teeth building and growth in young children.

RICH SOURCE OF VITAMINS AND NUTRIENTS

Recent studies suggest that tiger nuts are loaded with vitamins and minerals, especially vitamins C and E and potassium and phosphorus. Vitamins E and C are antioxidants and as such, help rid the body of free radicals which can lead to health complications. It is also a rich source of magnesium which is needed for many biochemical processes in the human body. Magnesium also helps in normalizing blood pressure, strengthening bones and keeping one in overall good health.

PROTECTS AGAINST CARDIOVASCULAR DISEASES

Tiger nuts are rich in Vitamin E which increases oxidative resistance and prevents atherosclerosis. Tiger nuts are also rich in arginine which helps in unclogging clogged arteries, reducing angina (chest pain) and solving other heart related issues.




ZZZ

THE TRUTH ABOUT BEAUTY SLEEP

When it comes to your beauty routine, sleep may be the closest thing there is to a fountain of youth. Your body repairs itself and recovers while you snooze, and that leads to a long list of benefits for your looks. The key is to get enough shut-eye, 7 to 9 quality hours each night.

If you're getting fewer than 6 hours, it may likely affect your appearance. Start getting 1 to 3 more hours of sleep, and you could see some improvement in as little as a day.

Check out these few beauty benefits of getting enough sleep 

Fewer Wrinkles

Skin makes new collagen when you sleep, which prevents sagging. "That's part of the repair process," says Patricia Wexler, MD, a dermatologist in New York. More collagen means skin is plumper and less likely to wrinkle. Only getting 5 hours a night can lead to twice as many fine lines as sleeping 7 hours would. It also leaves skin drier, which can make lines more visible.


A Glowing Complexion

Your body boosts blood flow to the skin while you snooze, which means you wake to a healthy glow. Skimp on sleep and your complexion can look drab, ashen, or lifeless. Sleep deprivation causes a decrease in blood flow to the skin surrounding your face.

Brighter, Less Puffy Eyes

Chances are, you've had dark circles or bags under your eyes after a night of too few sleep. "Puffy eyes are one of the first things we see when we don't sleep," says Doris Day, MD, a clinical associate professor of dermatology at New York University Langone Medical Center. Get enough shut-eye and you'll have less puffiness under your eyes. Stay well-hydrated and elevate your head with an extra pillow at night too. That can also help reduce swelling.

JOKES

 Akpos wanted to use his ATM card but the machine kept on rejecting the card. Frustrated, he called his bank help line and the following conversation ensued:

Akpos: (angrily) so what's wrong with my ATM card?


Call Center Agent: Sir, I have checked your account, everything is alright here and you should be able to use your card. Are you sure your card is not damaged or broken?


Akpos: Are you insane? What are you insinuating? No one takes good care of their ATM card like I do.


Call Center Agent: Okay Sir, are you also sure the surface isn't wet, stained or with dirt?

Akpos: You dey mad? ATM card wey I dey pet like egg... As a matter of fact, I even laminated it last week when I laminated my Identity card.



 Akpos went to an electronic store, he asked the storekeeper "what is the price of this TV?" The storekeeper answered "we don't sell our products to Akpos." Akpos again came next day by cutting his beard and asked "what is the price of this TV?" The storekeeper replied "we don't sell our products to Akpos". The next day Akpos came with a different face and asked "what is the price of this TV?" The shopkeeper replied "we don't sell our products to Akpos." Finally Akpos got irritated and asked the shopkeeper "how do you recognise me every time?" The storekeeper replied "because this is not a TV, it is a Microwave Oven!"

 The tenth of October is the only day of the year that I would recommend
10/10

 How many seconds are there in one year?
12 of them: January 2nd, February 2nd, March 2nd, April 2nd, May 2nd, June 2nd, July 2nd, August 2nd, September 2nd, October 2nd, November 2nd, December 2nd.



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TRUST IS OUR FOUNDATION



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