



THE INSURANCE INDUSTRY CREDIT UNION
Co-operative Society Limited

eNewsletter

JUNE 2020

IMPORTANT NOTICE

IICU 33rd ANNUAL GENERAL MEETING

Fellow Members,

As you know, we are in unprecedented times with the current COVID-19 pandemic that is affecting our world at large. Safety of Members, Staff, Committee Members and Board of Directors is our number one priority at this time. In this regard, and in keeping with the guidelines by the Government of Trinidad and Tobago, we have had no other option but to defer our 33rd Annual General Meeting.

Further, on May 21, 2020, the Co-operative Credit Union League of Trinidad and Tobago advised all Credit Unions that they are awaiting a decision from the Regulator on the use of virtual meetings in lieu of traditional meetings for AGMs. The League's caution on embarking on such a venture stems from their advocacy for the protection of the rights and privileges of all members; and that legitimate participation is achieved through the monitoring and governance of all procedures at the AGM.

Finally, it is also important for us to note that in accordance with our Bye-Laws, like other AGM procedures, Dividends must be declared and approved by the Membership at the AGM prior to payout.

We wish to assure you that we are prepared to set a Meeting date as soon as we have been provided with guidance from the Regulator or the Government of Trinidad & Tobago. We will keep you updated on further developments as it becomes available to us.

We thank you for your patience and wish you and your family safekeeping.

Tamica Thomas
Secretary
Board of Directors

'Your financial needs are our priority'



S.E.A. Awards

Our annual S.E.A. Awards was hosted on July 25, 2019 at the Guardian Group Atrium, Westmoorings. This Awards function celebrated the achievement of 18 students.

Maya Roberts – Guest Speaker

Having attended Sacred Heart Girls R.C. School, Maya Roberts placed in the top 100 in the S.E.A examinations. She went on to pursue her secondary school education at St. Joseph’s Convent, Port of Spain.

At age 16, Maya’s unwavering care for the less fortunate and thirst to encourage her peers to do more, led her to establish the Trinidad Chapter of Making A Difference Everywhere (M.A.D.E.), a youth volunteer organisation. To date M.A.D.E has over 300 youth volunteers and is still growing, with charters in St. Kitts and Nevis, Grenada and St. Lucia and efforts being made to start Charters in the United States and Canada. Maya won an Open Scholarship from the Government of Trinidad and Tobago to study abroad. She also received another full scholarship from Amherst College in Massachusetts where she started in September 2019 to pursue her undergraduate degree.

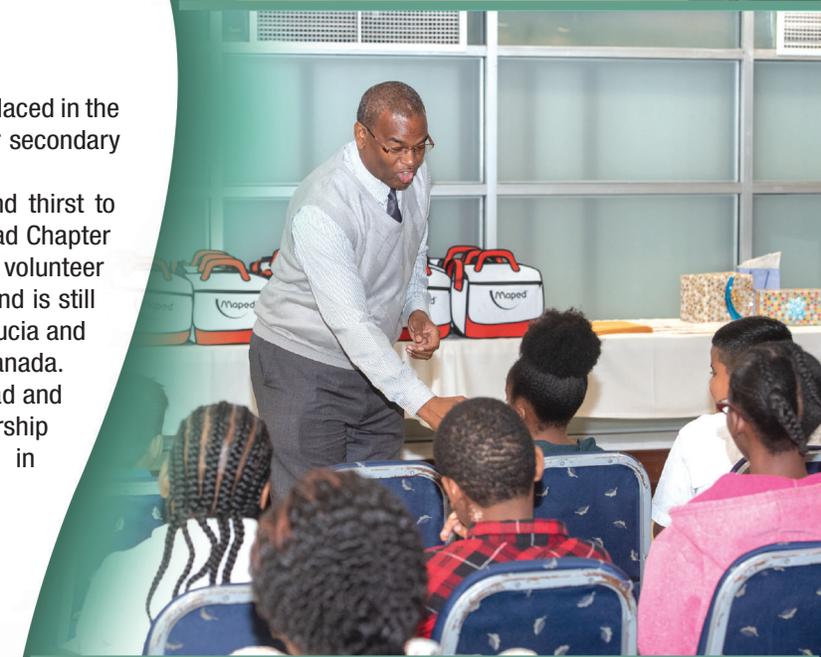
Whitney Husbands – Motivational Speaker

Whitney Husbands is one of Trinidad and Tobago’s established and diverse radio and television personalities. She became extremely popular with the teenage and young adult market. Previously a part of the local East Indian network WIN TV, she later moved on to one of her more popular roles; host of De Scene on local entertainment network Synergy TV for just over 2 years.

The holder of an Associate Degree in Public Relations and Journalism, Whitney has a passion for all things: entertainment, culture and fashion.

The recipient of the Leon Leacock Award was Gerrad Williamson who passed for his 1st choice - Presentation College. The 2nd place winner was Thomas Marquez and 3rd – Somaia Borris. Awardees were presented with certificates, a gift of IICU shares and stationery packages presented by Ms. Stacy-Ann Strachan a representative of John Dickinson & Co. Ltd.

The students were also treated to a Day of Fun on August 2, where they visited the Kiss Baking Company and Chuck E Cheeses.



CREDIT UNION DAY

October 17, 2019

Credit Union Day was held on Thursday October 17. One highlight of the day was the introduction of the "Spin the Wheel" game which was a big hit with the members, this idea coming from our very own Marketing Assistant, Thaziz Gulston.

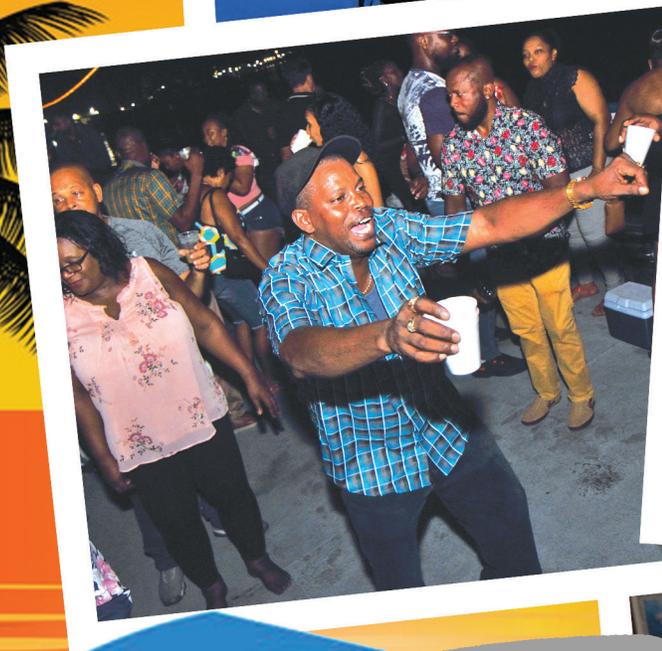
Vendors included – Laughlin & De Gannes, Carmino's Ice Cream, Ferreira's Optical, Courts (Trinidad) Ltd., Black Opal Cosmetics, St. John Ambulance who provided blood pressure and blood sugar testing.



PARANG *Lime*

In 2019, we decided to change things up a bit by introducing "Parang on the Seas" Lime on-board the C/Prowler at Pier 1 Chaguaramas on November 30th.

Before boarding, the patrons were treated to a variety of cutters and shots. In true IICU Parang Lime fashion, they were entertained by La Familia de La Paranda, consisting of the grandchildren of our founding father - Mr. Leon Leacock and DJ Merry Perry.





10 Things You Can Do To Stay Positive During COVID-19

KEEPING CALM IN THE TIME OF CORONA

(Excerpt by Golareh Safarian, Lifestyle Coach, Founder at The Healing Salon)

Being vigilant of our mood in today's pandemic environment should be a priority to us all. Remaining calm and constructive at times of uncertainty can help us navigate through difficulties and find a path towards our more resilient selves. Here are ten things you can do, starting today, to improve your positive outlook:

1. Practice gratitude. Even when life seems bleak, there are things we still have for which we should be grateful. Keep a gratitude journal or do a quick morning gratitude meditation. Notice both significant and small items for which you are thankful. Important things can include your home and shelter, your health, your family, your friends, your ability to put food on your table, and other essentials. Small things are more momentary pleasures, like a hot cup of coffee, a calming bath, a good book, or a funny meme.

2. Start your day with a positivity routine. Don't reach for your phone to check the news as soon as you wake up or while you're still in bed. Take a few minutes to find yourself – and smile. You'd be surprised at how incredibly powerful a morning smile can be in helping you start your day on a positive note. If you can, do a quick meditation practice, even if it's only a few minutes long, before you get out of bed.

3. Slow down. Don't rush into things. There is no need to hurry right now. One of the benefits of social isolation is your ability to pace yourself and let go of some usual anxieties. Pay attention to and enhance your awareness by practicing continuous mindfulness. You can do this by trying to remain as present as possible. Focus on the details around you, like scents, and sounds.

4. Relax your body. Check-in on your muscles regularly and if you're tensing up your jaw, or your shoulders, or if you're frowning, breathe and relax. Get into the habit of doing quick body scans throughout the day. From your scalp to your toes, be aware of your body, your muscles, and your breathing.

5. Exercise. This should be part of your daily routine already. If you're not regularly active, make exercising a priority and incorporate it into your day. Try yoga, aerobics or resistance training. Aside from its physical benefits, exercising releases endorphins in your body which triggers feelings of positivity, so be sure to include an exercise routine into your day, even if it's only a short one.

6. Create and nurture your digital community. Just because we're all practicing social distancing, it doesn't mean we can't stay in touch with our family and friends. Check-in with your friends and reconnect with those you may not have heard from for a while. Keep in mind that your friends and family are likely suffering from the same types of anxiety and stress that you are experiencing right now, so make a mental effort to contribute positively to the conversation.

7. Practice diaphragmatic breathing. As you begin to incorporate meditation into your life, a good pattern is to start your day with a gratitude meditation, then a breathing exercise midday, and a sleep meditation at bedtime. By remaining engaged on how to breathe during a diaphragmatic exercise, your mind is less likely to wander away from the meditation, making it a great relaxation practice for beginners. There are also other benefits to diaphragmatic breathing, like lowering your stress hormone levels, lowering your heart rate, helping you relax, etc.

8. Incorporate humor and laughter into your day. This is one of the most important steps you should take in improving your positivity and benefiting from a more optimistic disposition. Everything from stimulating your organs to lowering your stress levels, improving your blood circulation, strengthening your immune system, and even relieving physical pain – laughter is the best medicine.

9. Walk away from distressful conversations and situations. In today's highly stressful pandemic environment, it is easy to get pulled into negative interactions and exchanges that can leave us feeling distressed, frightened, insecure and pessimistic. Staying informed and aware of what is happening locally and globally are important, but creating a healthy balance between news consumption and our daily routines is also crucial in helping us maintain a sense of normalcy and control over our mental health.

10. Have faith. Having faith in humanity; in science; in technology; in our health care heroes; in collaboration; in the good in people; in our resilience; in our perseverance; in our ability to overcome even the most outrageous of obstacles to grow and evolve; in our future; in our kindness; in our empathy; in our desire to provide a good life for ourselves and our loved ones; in never giving up until we find the right, permanent solution to bring this virus to heel. In life after Corona and everything we will have learned after all of this is done. Believe in yourself and your endless capacity to love.





Staff and Committee Members DINNER and AWARDS

At our annual Dinner and Awards Ceremony held on December 14, 2019 at Joseph's Restaurant, we presented our hard-working staff with awards of appreciation. Additionally, our Long Service Awards were presented to Mrs. Susan Murray-Solomon and Mrs. Dawn Narine-Dalip for 10 years of dedicated service.



**Ms. Sharon Williams –
Employee of the Year**



**Mrs. Dawn Narine-Dalip –
Long Service Award**



**Ms. Sharon Williams –
Punctuality Award**



**Mrs. Anatasha Ashton-Juman –
Customer Service Award**





IICU remembers.... Our Past President 2012-2014

CELEBRATING THE LIFE OF OUR FRIEND AND COLLEAGUE

WAYNE CORDNER **May 6th, 1968 to January 13th, 2020**

Wayne Cordner has been an invaluable member of our family here at CUNA Caribbean Insurance for over 30 years. During his time with us, he served with excellence in his role as Relationship Manager and was a loyal ambassador to the Credit Union Movement, here at home and across the Caribbean.

Affectionately known to all as “Wayne C.”, “Waynie”, “Waynos” and “Cordie”, he possessed a calm and gentle disposition and was an exemplar of kindness, humility, strength and generosity. As a colleague, he was always cool, calm and composed, never hesitating to offer words of encouragement and reassurance in a way that only he could. He would often say whenever any challenge arose that he knew we could all overcome, “Doh worry. We have this!”

A devoted family man, Wayne could always be found in the company of his two daughters, his wife, mother and friends who he treated like family.

A true “Trini to de bone” he especially loved carnival and could be found chippin’ to soca music, regardless of where he as or what he was doing. An avid sports fan, world traveller and outstanding human being – Wayne lived his life to the fullest. His spirit is deeply woven into the fabric of everything that we do as a company.

Wayne was known at the Philanthropist of IICU – always quick to give stuff away to the members.

We celebrate the abundance of his love and the legacy of his bold and vibrant life. We promise to honour his memory and to continue his legacy.

May you rest in peace, our dear friend and colleague.
We love you and we miss you tremendously.



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Backyard Lime

2020

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Road March King 2020
– the 'water man'
Neil "Iwer" George

