



St. Lucia Teachers' Credit Co-operative Ltd.

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"An Educated Choice"

Jan — Mar 2021 Edition

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Welcome to the first issue of our newsletter for the year 2021. We wish you a blessed, fruitful and productive year. In this issue we will look at ways of managing stress during the pandemic as well as online etiquette. We will also highlight International Women's Day.

Due to the ongoing pandemic, many of our usual outreach activities have been restricted. However, you can continue to engage with us virtually and access our financial services .

Just 4 Laughs

Q1: What is a Math teacher's favourite vacation destination?

Q2 : Why did the teller leave her job at the credit union?

(Turn over to get the answer)



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teacherscredit

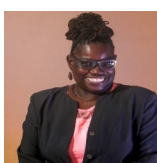
International Women's Day Conference 2021

The International Women's Day Conference, held annually on March 8th, is a joint activity hosted by the St Lucia Teachers' Credit Cooperative and The St Lucia Teachers' Union- two successful teacher organizations. The main aim of this activity is to celebrate women by sharing knowledge and empowering them through the strengthening of outcomes for women, their families, their communities and the economy. This year's conference was held under the theme "Women in Leadership: Achieving an Equal Future in a Covid-19 World". This was the first time that the conference was held virtually and the quality that has become synonymous with both organizations was maintained. The presentation put forth by the guest speaker Mrs. Rosemary Campbell-Stephens and the attendance of two hundred women stood testament to the success



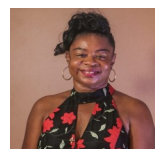
of this year's conference.

The SLTCC recognized two phenomenal women who have contributed to the growth of the society in a myriad of ways as well as for their roles in the education sector. They were also recognized for uplifting and empowering women and girls to be agents of change.



They are **Mrs Martina Belizaire** and **Ms. Genefer Aulis**.

The SLTU recognized two outstanding women for their dedicated service to the education sector and the wider community; they are **Mrs Brenda Virgile** and **Mrs Paula St Luce**.



The SLTCC wishes all recipients continued success and encourages every woman to continue being inspired to lead.

TRIBUTE TO ONE OF OUR FOUNDING MEMBERS:

MRS. JANE AUGUSTIN



Mrs. Jane Augustin was a truly remarkable woman. Teacher, mother, friend, board member and community activist were some of the many hats worn by Mrs. Augustin. Mrs.

Augustin holds a special place in the heart of the SLTCC. Having served as secretary of the Board of Directors for 13 years, she was known for being very task-oriented and dependable. Her reliability, professionalism and concern for others were demonstrated in every task she undertook. She would not hesitate to cater to members' needs and would go above and beyond the call of duty. She was not always all business though, and often helped plan many social activities for officers.

Mrs. Augustin taught for over 40 years at several schools including the Gordon Walcott Memorial

School, the Ave Maria Girls' Infant and Primary Schools and the Lady Gordon Opportunity Centre. She retired in 2004. She was as equally committed to her students as she was to her duties at the SLTCC.

In her continuous commitment to others, she served as a Eucharistic Minister at the Sacred Heart Catholic Church in Marchand, a member of the Disaster Preparedness Committee and St. John's Ambulance Brigade. She also participated in La Rose groups and Les Danceurs Traditionelle de St. Lucie. In 2005 she was awarded the prestigious Les Pitons Award (SLPM) by the Government and people of St. Lucia and was recognized by the Sacred Heart Catholic Church of Marchand as Mother of the Year in 2009.

Mrs. Jane Augustin sadly passed away on 1st February, 2021. Her memory and legacy lives on. She continues to be a beacon of light and an inspiration to those who knew her. Her unwavering commitment to the SLTCC and the wider community, as well as her many accomplishments in her lifetime, will always be remembered and emulated.

Grow your family the SLTCC way!



They ALL can join because of YOU

Tips for Managing Stress During The Pandemic

We all know that these times are stressful and it can be hard to cope at times. Here are some tips to help you cope with and manage stress.

- ♦ **Have a daily routine** - Create a routine for your daily activities. Break up your day into small activities to manage your time better.
- ♦ **Engage in physical activity** - Go for a walk, a run or exercise indoors. Just remember, follow the safety protocols when outside.
- ♦ **Connect with nature** - Add plants and flowers to your residence if possible. Sit outside under a tree or in your backyard to get fresh air.
- ♦ **Limit social media intake** - Limit the amount of time spent watching news on the pandemic. Un-follow accounts which may be unhealthy for your mental state.
- ♦ **Reach out to others** - Call a friend, have a virtual dance party or movie night. Do not spend long periods without connecting to loved ones and friends.



Joke 1:
Times Square



Joke 2:
She lost interest

Online Etiquette

As online communication becomes the norm, online etiquette is becoming more essential.

Etiquette is the social norms and rules that govern our conduct in social and professional settings.

Here are some rules for online etiquette to be aware of: (adapted from Debby Mayne, 2020)

- ♦ **Be kind and courteous** - Show respect for others, avoid gossiping and negative comments.
- ♦ **Learn internet lingo and acronyms** - This will help you to communicate better with others.
- ♦ **Keep messages and post brief** - Long, lengthy messages and posts may lead to miscommunication while shorter messages tend to be more organized and easier to read.
- ♦ **Don't shout!** - Avoid writing messages in ALL CAPS as this comes across as rude.
- ♦ **Personal Information** - Avoid posting personal information about yourself and others as this is not a safe practice.
- ♦ **Obey Copyright Laws** - Do not copy someone else's words and post it as your own without referencing that person or organization. To do so would be considered plagiarism.

Winners of Christmas Hamper 2020



Frances Henry

Asmara James

Sylvrina Preville- Howell

Margaret Bascom- Polimis



Eumalia Eugene



Melisa Sandiford

ST.LUCIA TEACHERS' CREDIT CO-OPERATIVE LTD MEMBERSHIP REFERRAL PROGRAM



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friend



Eligible member
joins



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EARN \$25 on Permanent Shares
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Promotion ends September 15, 2021

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