



# Cooperative Connections



Newsletter | February 2024



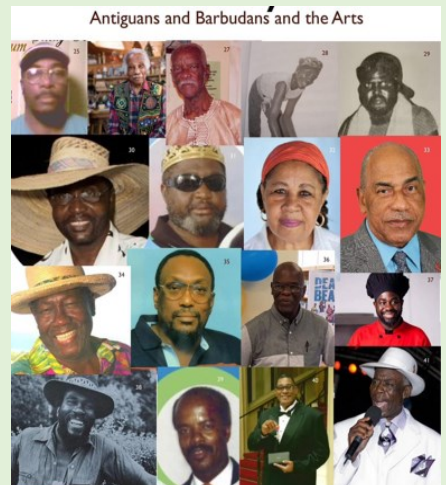
## Celebrating Black History Month: The Impact of Credit Unions on Afro-Caribbean Community Development

As we commemorate Black History Month, it's essential to recognize and celebrate the rich contributions of the Afro-Caribbean community. This vibrant community has played a significant role in shaping cultures, economies, and societies around the world. In this edition, we delve into the pivotal role that credit unions play in fostering the development of the Afro-Caribbean community, promoting financial inclusion, and empowering individuals and families.

**Understanding Black History Month:** Black History Month, observed in February in the United States and Canada, is a time to honor the achievements, contributions, and history of Black individuals and communities. It serves as a platform to acknowledge the struggles, triumphs, and ongoing journey towards equality and justice.



**The Afro-Caribbean Community: A Legacy of Resilience:** The Afro-Caribbean community has a rich and diverse heritage rooted in resilience, creativity, and perseverance. From the diaspora's impact on music and art to the enduring strength of its people in the face of historical challenges, this community has left an indelible mark on the global stage.



**The Role of Credit Unions: Empowering Afro-Caribbean Communities:** Credit unions have emerged as vital institutions in the socioeconomic development of minority communities, including the Afro-Caribbean population. These member-owned financial cooperatives prioritize financial inclusion, community engagement, and equitable access to financial services.



# Cooperative Connections



Newsletter | February 2024

**1. Financial Inclusion:** Credit unions are committed to breaking down barriers to financial services. They provide accessible banking options, including savings accounts, loans, and other financial products, addressing the specific needs of the Afro-Caribbean community.

**2. Community Empowerment:** Credit unions actively engage with their members to understand their unique challenges and opportunities. Through community outreach programs, financial education initiatives, and partnerships with local organizations, credit unions empower individuals to make informed financial decisions and build a secure economic future.

**3. Entrepreneurial Support:** Credit unions often support entrepreneurial endeavors within Afro-Caribbean communities by offering small business loans and resources. This helps foster economic growth, create job opportunities, and contribute to the overall prosperity of the community.

**4. Culturally Sensitive Services:** Recognizing the importance of cultural sensitivity, credit unions strive to provide services that align with the needs and values of the Afro-Caribbean community. This approach fosters trust and strengthens the bond between credit unions and their members.



As we celebrate Black History Month, let us acknowledge the profound impact of the Afro-Caribbean community and the essential role credit unions play in their development. By promoting financial inclusion, community empowerment, and culturally sensitive services, credit unions contribute to building a more equitable and prosperous future for all. Together, we can continue to write the story of progress, unity, and empowerment for generations to come.





# Cooperative Connections

Newsletter | February 2024

## Navigating Household Budgets in Times of Economic Challenges: 12 Money-Saving Tips for Your Family

Dear Members,

In these times of economic uncertainty, where inflation is on the rise and the Value Added Tax (VAT) has nudged up to 17%, it's crucial for households to be savvy with their finances. While these changes might sound daunting, fear not! We've compiled some friendly and accessible tips to help you navigate these economic waters and keep your budget afloat.

**1. Bulk Shopping: The Superpower of Saving** Buying in bulk is like having a superpower against rising prices. When you purchase items in larger quantities, you often enjoy lower unit prices. This can be particularly effective for non-perishable goods, toiletries, and cleaning supplies. Consider teaming up with family and neighbors for joint purchases to maximize savings.



**2. Hunting for Discounts: A Treasure Hunt in Aisle 5** Don't shy away from searching for discounted items. Many stores offer promotions, sales, or loyalty programs that can significantly cut down your expenses. Keep an eye on flyers, online promotions, and discount codes to make sure you're not missing out on any savings opportunities.

### 3. Tax-Friendly Shopping: ABST-Free Choices

With the increase in VAT, it's wise to focus on items that do not attract the Antigua and Barbuda Sales Tax (ABST). Basic food items, some healthcare products, and educational materials are usually exempt. Prioritize your spending on these items to maximize your purchasing power.

#### The Following goods do not attract the Antigua and Barbuda Sales Tax (ABST)

Chicken – fresh, chilled or frozen

Fish – fresh, dried, salted, whether or not (in brine or smoked). Red herring and mackerel are smoked.

Milk – cream and condensed, including powdered milk

Butter – fresh and salted  
Eggs – fresh

Vegetables – fresh or chilled

Fruit – fresh

Rice

Flour – wheat or meslin, durum or other

Maize (corn) meal

Cereal grains – rolled etc., including but not limited to oats, barley and wheat

Refined edible oil (including but not limited to olive oil, palm oil, corn oil, sunflower seed oil, canola oil and soya-bean oil

Margarine

Imitation lard (shortening)

Preparation for infant use for retail sale

Sardines (canned)

Cane and beet sugar

Bread (not including other baked products such as bun)

Active yeast

Ordinary water (not containing added sweetening of flavouring)

Table salt for retail sale

Medicines in retail quantities including but not limited to Penicillin, Insulin, Aspirins, Paracetamol, cough preparations but not including vitamins)

Pharmaceutical goods (including but not limited to sterile catgut, blood grouping reagents, first aid kits and dental cements)

Sanitary towels and tampons

Napkins and napkin liners (diapers) for babies and adults

Books or printed matter (including but not limited to encyclopaedias, dictionaries, text books, novels, bibles but excluding periodicals, magazines, drawing and colouring books, exercise books)

Bed pads (for adults)

Insecticides



# Cooperative Connections

Newsletter | February 2024



## 4. Grow Your Own: The Backyard Garden Revolution

Starting a backyard garden can be a fulfilling and money-saving endeavor. Not only does it provide fresh, organic produce, but it also reduces your reliance on expensive supermarket vegetables. Get the whole family involved and turn gardening into a fun and sustainable activity.

## 5. Public Market Wonders: Fresh and Affordable

Explore the weekend meat and vegetable markets. Here, you'll find low-cost items in season, fresh from local farmers. The quality is often superb, and you're supporting the community by buying locally.



## 6. Budding Up with Farmers: Freshness at a Bargain

Make friends with your local farmers and agricultural cooperatives. Buying directly from them ensures better quality and often comes at a much lower cost compared to supermarkets. Establishing these connections can be not only financially beneficial but also rewarding in terms of building community bonds.



## 7. Aisles Matter: Say No to High-End Supermarkets

High-end supermarkets may have air conditioning, bright lights and wide aisles, but they also tend to have higher margins. Opt for more budget-friendly stores and neighborhood shops. Not only are they closer, saving you transportation costs, but they often have lower markups on products.





# Cooperative Connections

Newsletter | February 2024

**8. Embrace DIY: Do It Yourself to Save** Consider adopting a do-it-yourself (DIY) mentality for certain tasks. Whether it's home repairs, crafting, or even beauty treatments, doing things yourself can significantly cut costs. There are plenty of online tutorials and guides to help you acquire new skills without spending a fortune.

**9. Energy-Efficiency Measures: Save on Utilities** Implement energy-efficient practices in your home to lower utility bills. Simple actions like turning off lights and appliances when not in use, using energy-efficient bulbs, and insulating your home can make a notable difference in your monthly expenses..



## 10. Review Subscriptions: Trim Unnecessary Expenses

Take a closer look at your subscription services, including streaming platforms, magazines, and gym memberships. Identify and cancel any subscriptions that you're not actively using or that can be replaced with more cost-effective alternatives.



## 11. Plan Meals and Reduce Food Waste: Smart Cooking

Plan your meals in advance, create shopping lists, and stick to them. This not only helps you avoid impulse purchases but also reduces food waste. Leftovers can be creatively repurposed into new meals, saving you money and minimizing your environmental footprint.



## 12. Emergency Fund: Financial Safety Net

While saving money is essential, don't forget to prioritize building or maintaining an emergency fund. Having a financial safety net can help you avoid accumulating debt during unexpected expenses, providing peace of mind and stability.

By incorporating these tips into your financial strategy, you can further strengthen your ability to save money and navigate the challenges of the current economic landscape. Remember, small changes can add up to significant savings over time.

Here's to a more budget-friendly future for all of us!



# Cooperative Connections

Newsletter | February 2024



**COMING SOON...**

## TRAINING IN CORPORATE GOVERNANCE



**FACILITATOR**  
**MORVIN G WILLIAMS**

Director of International Banks & Non Banks,  
Financial Services Regulatory Commission

**STAY TUNED!**

**MORE DETAILS  
TO FOLLOW...**

268-462-9117 

[antiguacoopleague.com](http://antiguacoopleague.com)





# Cooperative Connections

Newsletter | February 2024

## St. John's Co-operative Credit Union Staff Awards



ST. JOHN'S  
CO-OPERATIVE  
CREDIT UNION



SJCCU-Member Service  
Excellence Award

*Roxanne Grant*



ST. JOHN'S  
CO-OPERATIVE  
CREDIT UNION



SJCCU-Departmental Award  
EXECUTIVE OFFICE

*Thalia Burton*



ST. JOHN'S  
CO-OPERATIVE  
CREDIT UNION



Star of the Staff



Employee of the Year



SJCCU-Departmental Award

OPERATIONS  
DEPARTMENT

*Nathan Dinard*



# Cooperative Connections

Newsletter | February 2024

## St. John's Cooperative Credit Union Staff Awards



**Congratulations to the  
winners!**





# Cooperative Connections

Newsletter | February 2024



## Co-operative Credit Union Notices

**ACCOUNT REQUIREMENTS**

**Join Now**

**UNINCORPORATED Business Accounts**

**Sole Proprietors**

- Business Registration Certificate from Intellectual Property
- Passport & Another Valid Photo ID
- Proof of address (within the last 6 months)
- Opening minimum **E.C \$100.00**

**Partnerships**

- Business Registration Certificate from Intellectual Property
- Passport & Another Valid Photo ID
- Letter of permission from the partner(s)
- Opening minimum **E.C \$100.00**

Apply Online - Please visit: [www.cfccuonline.com](http://www.cfccuonline.com)  
 Please call 481-3950/481-4000 for more information. [www.cfccuonline.com](http://www.cfccuonline.com)

**HOLIDAY CLUB**

**SAVE FOR THE HOLIDAYS 2024**

**MEMBERS CAN JOIN THE CLUB ANY DAY IN JANUARY**  
**THE MINIMUM REQUIREMENT \$50EC**  
 THE SAME AMOUNT MUST BE THROWN EACH MONTH.  
 THE CLUB RUNS FROM: JANUARY-NOVEMBER  
 Withdrawals are permitted in December only.  
 You can join in February with two (2) payments.  
**START THE CLUB ONLINE OR WITH ONE OF OUR CSRS TODAY!**

(268) 481-3950 | 4000 [cfccuonline.com](http://cfccuonline.com) Old Parham Road & Townhouse Plaza

**COMMUNITY FIRST**  
CO-OPERATIVE CREDIT UNION LTD.

**TOWNHOUSE BRANCH**  
5TH ANNIVERSARY CELEBRATION  
2019 - 2024

(268) 481-4000 [cfccuonline.com](http://cfccuonline.com) Townhouse Plaza

**COMMUNITY FIRST**  
CO-OPERATIVE CREDIT UNION LTD.

**BORROW UP TO EC\$15,000**

**NO DEPOSIT LOAN PLUS**

No Cash deposit required!

First time borrowers can also apply!

\*Conditions apply.\*

For more info. please call  
**481-3950 or 481-4000.**

HQ: Old Parham Rd., P.O. Box 1632, St. John's, Antigua • Telephone #: (268) 481-3950, Fax # (268) 481-3974/75  
 Branch Office: Townhouse Plaza, Corner of All Saints & American Rd. • Telephone #: (268) 481-4000, Fax #: (268) 481-4013  
 • email: [info@cfccuonline.com](mailto:info@cfccuonline.com) • website: [www.cfccuonline.com](http://www.cfccuonline.com)



# Cooperative Connections

Newsletter | February 2024

## Co-operative Credit Union Notices



ST. JOHN'S  
CO-OPERATIVE  
CREDIT UNION

### NEW VEHICLE LOAN

Call Us First!



100%  
Member  
Satisfaction

Interest Rate: 8%  
Repayment Term: 7 Years\*  
Cash Deposit: 0%

#### Requirements:

- Job Letter & 1 Month's Pay Slip
- Proof of Address (no older than 3 months)
- Passport & Drivers License
- Social Security or Medical Benefits Card
- Sales Agreement
- Comprehensive Insurance Quotation

\*Terms & Conditions Apply

Contact us today  
Whatsapp: 764-1311

Lower All Saints Road | Mandolin Place, Friars Hill Road  
E-mail: [info@sjccu.com](mailto:info@sjccu.com) | Website: [www.sjccu.com](http://www.sjccu.com)

ST. JOHN'S CO-OPERATIVE CREDIT UNION

### Update Your Account Information!

**SJCCU Members,**

If your contact details are not up to date you are definitely missing out on important information.

Come in and update your **SJCCU** account at either of our two locations, Lower All Saints Road or Mandolin Place, on Friars Hill Road.

Call us for an appointment today!

**Team SJCCU**

[info@sjccu.com](mailto:info@sjccu.com) | [www.sjccu.com](http://www.sjccu.com) Contact Us  
480-1300

ST. JOHN'S CO-OPERATIVE CREDIT UNION

### Flexi-BOX Club Accounts

"More than a 'Box Hand'. Your money grows."

**Activate 1 or more:**

- Christmas Club (December - November)
- Summer Club (July - June)
- Mortgage Savings Club (MORSA)
- Vacation Travel & Leisure Club (VTL)
- Retirement Savings Club (RESA)
- Youth Empowerment & Professionals Club (YEP)

**Start Saving Today**

GET **5%** INTEREST Per Annum

FIXED MONTHLY DEPOSIT  
**\$50** Minimum

**TERMS AND CONDITIONS APPLY:**  
Members Only  
Interest paid twice per year  
Early withdrawal penalties  
Sign up now at either location

*Limited Time Only* CONTACT US AT  
480-1300/01



# Cooperative Connections

Newsletter | February 2024

## Co-operative Credit Union Notices



  
**ANTIGUA & BARBUDA  
POLICE  
CREDIT UNION**

## PCCU CHRISTMAS BOX

Save Thoughtfully Every Month

**MINIMUM TO START \$100.00**

**SAVE FOR:**

- GIFTS
- VEHICLE LICENSING
- LOAN SECURITY
- TRAVEL
- ETC.

**JOIN OUR SAVINGS BOX**

Starting **January 31st 2024 - November 30th 2024**

**SPECIAL INTEREST RATE IS APPLIED**  
**YOU MUST BE A MEMBER TO JOIN**

**FOR MORE INFORMATION**

 (268) 764-3882  (268) 462-7952  [info@pccu.ag](mailto:info@pccu.ag)  [@policecreditunionantigua](https://www.facebook.com/policecreditunionantigua)  [@ppcuanu](https://www.instagram.com/ppcuanu)



# Cooperative Connections

Newsletter | February 2024

## Co-operative Credit Unions in the Community



### Christian Co-operative Credit Union Ltd.

INTRODUCING  
THE FAMILY INDEMNITY PLAN AND  
FAMILY CRITICAL ILLNESS PLAN

from



NOW AVAILABLE AT:  
Christian Co-operative  
Credit Union



Come in and meet  
your CUNA Caribbean  
Insurance Representative  
on  
October 27th, 2023  
10:00am - 1:00pm

Terms & Conditions apply



**BECOME A  
MEMBER TODAY**





# Cooperative Connections

Newsletter | February 2024

## Co-operative Credit Union Notices






Wesleyan Holiness Co-operative Credit Union

### JOIN US!

## To become a member...

- Initial Amount EC\$265
  - (40 shares - \$200, deposit - \$50, entrance fees - \$5, passbook - \$5, By-laws - \$5)
- 2 Government Issued Picture IDs
- Letter of Employment
- Proof of Address (preferably a Utility Bill)
- Fill out the Membership Application form

### Contact Us

 (268)562-1230  
 wesleyancreditunion@gmail.com  
 WHCCUExecutive@gmail.com

**Office Hours:**  
 Tuesdays and Thursdays  
 9:00a.m. to 2 p.m.  
**Location:**  
 District Wesleyan Holiness Complex  
 Fort Road, St. John's, Antigua



## Loans up to \$10,000\*

Apply from:  
15 July to  
31 December 2023

- ✓ Hurricane Shutters
- ✓ Small Renovations
- ✓ Painting
- ✓ Water Tank & Pump Installation

## Home Improvement Loan Special

For more information:

 (268)562-1230  
 wesleyancreditunion@gmail.com  
 WHCCUExecutive@gmail.com

**Office Hours:**  
 Tuesdays and Thursdays  
 9:00a.m. to 2 p.m.

\*Terms and conditions apply. Applicants must meet loan eligibility criteria and complete loan application process.





# Cooperative Connections

Newsletter | February 2024

## Word Search

E G A T I R E H B I U O H O Q A Z V M V  
W R F R D I H J R F L Q A T R R O N Q H  
Q Z F E X S G A I R L Q D O H T P F B N  
K E Y X C M F M R L N Z P J I W R S U L  
B R I T X A W O A L T S T N H F A E T V  
J P G F T M Q R L P A K G T B L Q L Y B  
A B C S O U U D W I B U Z N O F T H A P  
M Q A F I T S G D L K T H D P L S Z D J  
N R C X L K F C L A V I N R A C I P M B  
O Q N U Q X R E P A R A T I O N S V O S  
I F C Q T V P W I N D R U S H Z K L I U  
T E S S U F F R A G E Q I Y J Z O J T C  
A D K U Z P U I E M A N C I P A T I O N  
G T L N K R P A B O L I T I O N I S T P  
E M U N O I T C U R T S N O C E R O X D  
R S X R P N O I T A R G E T N I P U H E  
G S T H G I R I S S W S I W C B P U Z X  
E U J M T S P I R I T U A L S N A E E T  
S L T I H S S E N S U O I C S N O C W Z  
Z U P B J M F G B S N O O R A M C H J X

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

### Word Bank

- |                  |               |                  |                 |
|------------------|---------------|------------------|-----------------|
| 1. diaspora      | 6. spirituals | 12. civil        | 18.             |
| 2. consciousness | 7. heritage   | 13. rights       | reconstruction  |
| 3. maroons       | 8. carnival   | 14. abolitionist | 19. reparations |
| 4. rastafari     | 9. voting     | 15. segregation  |                 |
| 5. emancipation  | 10. cultural  | 16. integration  |                 |
|                  | 11. windrush  | 17. suffrage     |                 |



# Cooperative Connections

Newsletter | February 2024



*We'd love to hear from you. Please contact us at.....*

*Antigua and Barbuda Co-operative League Limited  
Cnr. Woods Centre & Mahogany Dr.  
St. John's Antigua*

*Tel: 268-462-9117*

*Email: [abcoopleague@gmail.com](mailto:abcoopleague@gmail.com)*

*or, [gm.abcoopleague@gmail.com](mailto:gm.abcoopleague@gmail.com)*

*website: <http://www.antiguacoopleague.com>*