



C.U. TIPS

DEBDEN CREDIT UNION LIMITED

MAY 2009



The staff and the Board of Directors of the Debden Credit Union would like to once again congratulate all the grade 12 students graduating in 2009.

For graduates attending post secondary education, the Debden Credit Union offers two \$500.00 scholarships in Debden and one \$500.00 scholarship in Big River.

Application forms can be picked up at either high school.

Graduation is June 5th in Debden and June 12th in Big River.



Take Your Holidays!!

Do you plan on taking all your vacation time this year? If not, you are not alone. It's estimated that working Canadians leave 32 million vacation days unused each year.

Don't deprive yourself of holidays. Studies consistently show that regular downtime from work is important for maintaining your physical and mental health. Vacation time- completely away from the pressures and routine of your job- helps relax and refresh the body, reduce stress and elevate energy levels. Recharging regularly by taking holidays is the best thing you can do for your employer, your family and yourself.

Stop talking yourself out of taking your vacation. Here are common excuses for not taking time off and tips on how to overcome them:

I am too busy at work to take a holiday. <<TIP >> If you are stressed, plan a simple, relaxing one-spot vacation without a lot of activities.

Several long weekends make up for a missed vacation. At least two weeks is needed to fully recover from work stress, otherwise most of your time is spent winding down or gearing up for the return to work. <<TIP >> Try not to check in at work. Leave a return date on your voice mail and use e-mail auto-reply.

Gaps in my schedule make me less effective. Your efficiency declines the longer you work without a break. << TIP >> Taking time away from a work related problem allows you to return with a fresh perspective and new ideas.

I can take vacations when I retire. Living with ongoing work pressure can take a toll on your health, shorten your lifespan and make it harder to adapt to retirement. << TIP >> A balanced approach will help you better enjoy your family and your job now, as well as your retirement later.

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A farmer offers to help a driver get his car out of a mud hole for 20 bucks. "Yours is the tenth car I've rescued today," he says. "Wow," says the driver. "When do you work your land? At night?" "No, night is when I fill the hole with water."

Debden Credit Union would like to remind our members that we are here to serve you with the following hours:

Big River Branch

9:00-4:00 Monday through Wednesday
9:00-5:00 Thursday and Friday

Debden Branch

9:00-4:00 Monday through Thursday
9:00-5:00 Friday
9:00-12:00 Saturday

With the continued low interest rates, it might seem that you are not receiving any interest on your investments. The Debden Credit Union still has special rate term deposits. Stop in at either Debden or Big River to get quotes as some restrictions apply.

Thank You Voters

Thank you to everyone who came out to vote at the board of directors' election. Congratulations to Trischa Doucette and Emile Tetreault as they each begin another 3 year term. Thank you all for your interest in the Debden Credit Union. This is the first election we've had since 1998.

Helping Members

Make it Real

Staff Updates

Congratulations to Tammy and Jeff Molzan on the birth of their daughter, Emmie Rae, on April 14, 2009.

Linda McKenzie, from our Big River branch, is now working in Debden.

Celina Zinovich will be returning in May from her maternity leave.

COMING EVENTS:

May 26th: Debden local junior track and field, weather permitting.

May 27th-28th: Senior district track and field in Prince Albert

May 29th: Alternate day for junior track and field

June 1st: Big River grades 4-12 track and field

June 4th-5th: Senior provincial track and field in Prince Albert

June 10th-12th: Debden grade 9 outdoor education

June 19th: Seniors pie sale in Big River

June 23rd: Last day of school for students in both Debden and Big River

June 26th: Report card day

June 27th: Town + Country Fair, Debden

July 1st: Canada Day celebrations in Big River

July 6th-17th: Red Cross swimming lessons held at Morin Lake.

Building Futures Together