GECCU LTD

General Employees' Co-operative Credit Union Limited

GECCU BUZZ

VOL.6













VINCY VIBES



Amanda: (enthusiastically) Oh, Jamaica! I love Bob Marley! That music is life. You must be Jamaican, right?

David: (sighs, but smiles, used to this mistake) Actually, no. I'm from St. Vincent and the Grenadines. It's a totally different country—just as Caribbean, but with our own vibe, you know?

Amanda: (tilts her head, puzzled) Wait, what? St. Vincent...and where? That sounds like two places in one!

David: (Laughs) Yeah, we like to keep it interesting. St. Vincent is the main island, and the Grenadines are these beautiful, smaller islands, 32 of them, actually. Nine of them are inhabited. Bequia, Mustique... Ringing any bells?

Amanda: Oh, you mean like pirate islands? That sounds like something straight out of a movie!

David: (grinning) Well it is straight out of the movie Pirates of the Caribbean. It was casted there! But we do have some treasures—like our roasted breadfruit and fried jackfish, our national dish. But pirates? Not so much. Only in the movie! Just good vibes, crystal clear waters, and the friendliest people you'll ever meet.





(Amanda is now intrigued and moves to a shelf with flags.)

Amanda: (pointing to a blue, gold, and green flag on the cash register) Okay, now I'm curious. Is this your flag? What's the deal with the diamonds?

David: (smiling) Ah, you've got a sharp eye! That's the Vincentian flag. The blue represents our clear skies and sea, the gold is for the spirit of our people and those golden Grenadines sands, and the green? Well, that's for our lush, rich vegetation. We've got farms that stretch for miles.



Amanda: (impressed) And the diamonds?

David: (leaning in, as if revealing a secret) Those are our islands, shining bright in a "V" formation for St. Vincent. We're small, but we sparkle. Yuh should tek a trip down sometime!

Amanda: What about this? Is this from St. Vincent too? It's so colourful!

David: That's the Amazona Guildingi! Our national bird. She's a big, beautiful parrot, and the only one of her kind in the world. You won't find her squawking about in Jamaica, that's for sure!

Amanda: (laughs) Wow, a one-of-a-kind parrot? You guys are really unique! But, is it all beaches and birds? What about your history?

David: (grinning proudly) Oh, we've got history! Our first national hero, Paramount Chief Joseph Chatoyer, was a Carib Chief who led a revolt against the British. And Milton Cato, our first Prime Minister, helped guide us to Independence. Now, Ralph Gonsalves has been running the show since 2001! Five consecutive wins! Longest-serving PM in the entire Caribbean.

(Amanda notices a framed picture of the coat of arms and points.)

Amanda: What's this? Two women on either side? Looks fancy.

David: (nodding) That's our coat of arms. See the woman on the left? She's holding an olive branch for peace, and the one on the right is making a sacrifice over an altar for justice. Our motto is "Pax et Justitia" – Peace and Justice. That's what we stand for.

Amanda: Peace and justice? I love that! And you've got a pledge too, right? I think I saw it on a T-shirt somewhere.

David: You bet. "Land of my birth, I pledge to thee, my loyalty and devotion, in all I think or say or do." It's a pledge of love and loyalty to our island.

Act 5 (Amanda is now fully engaged, holding several items: a flag, a parrot trinket, and a small bag of roasted breadfruit.)

Amanda: Okay, I'm sold. St. Vincent and the Grenadines sounds like a dream. But how do you deal with people mixing you up with Jamaica all the time?

David: (laughs heartily) It's all part of the fun. People mix up islands all the time, but when they learn about us, they realize how special we are. I just remind them that while Jamaica has reggae, we've got tranquility, unspoiled beauty, and...did I mention our volcano?

Amanda: (gasping) A volcano?

David: Yep! La Soufrière. It's an active volcano, and on top of it grows our national flower—the Soufrière tree, or Spachea Perforata. A tree so strong it grows on a volcano. Talk about resilience!

Amanda: (laughing) I'll say! You've got volcanoes, parrots, diamonds on your flag...I'm officially obsessed.

David: (with a smile) Welcome to the Vincentian fan club. We're small, but we shine bright, just like those gems on our flag.

(Amanda walks out of the shop with a spring in her step, holding her Vincentian souvenirs, while David stands proudly behind the counter, humming St. Vincent my homeland.
David: (Almost in joyful tears) Ah dey far from yuh annuh, but: "Land of my birth I pledge to thee, my loyalty and devotion, In all I think or say or do."

INDEPENDENCE RECIPES

BREADNUT PUNCH – SERVES THREE



Ingredients

12 oz (340g) breadnut
1/2-pint (280 ml) milk
4 tbsp evaporated milk
8 oz (227 g) sugar
1 tbsp rum or brandy
1/4 tsp nutmeg
1 tsp vanilla essence

Method

1. Boil and shell breadnuts
2. Mash breadnuts.
3. Add other ingredients and blend.
4. Strain and serve with ice cubes.

MADUNGO DUMPLINGS / BAKES



Ingredients

1 lb (454 g) madungo
6 oz (168 g) grated coconut
2 oz (56 g) sugar
1/2 tsp cinnamon
1 pinch salt
1 oz (28 g) shortening (lard)
1 oz (28 g) margarine
1 tsp baking powder
2-4 oz (56-113 g) flour
Oil for frying

Method

1. Dampen madungo with cold water and put into 2 ¼ cups (568 ml) of boiling water. Cook for 10 minutes.
2. Remove madungo from the water and reserve the water.
3. Take off the jelly-like covering and crush both with a wooden spoon while still warm.
4. Add coconut, sugar, cinnamon, salt, shortening (lard) and margarine.
5. Dissolve baking powder in 4 tablespoons of the reserved water, and add to the mixture.
6. Add flour and make a soft dough. Kneed well until smooth.
7. Divide dough into 10-12 small pieces and shape into round balls.
8. Fry in hot oil or wrap in pieces of banana leaves and bake on hot copper.

STUFFED JACK FISH – SERVES 6



Ingredients

1 ½ lbs. jack fish (6 medium sized jack fish)
1 tbsp lime juice
1/2 tsp salt
2 tbsp local seasoning
2 oz flour
Oil for frying
Lime to garnish

Stuffing

1 oz farine
1 tbsp margarine
4 tbsp chopped seasoning (onion, chive, sweet paper, parsley, thyme, garlic)
1/2 tsp salt
1/2 tsp white pepper
1 tbsp tomato ketchup.

Method

1. Clean fish and marinate in lime juice and salt. Rub in seasoning.
2. Make the stuffing: Soak farine in 1 cup water for five minutes.
3. Melt margarine. Add soaked farine and other stuffing ingredients. Cook for three minutes.
4. Stuff fish with farine stuffing.
5. Dredge fish in flour.
6. Fry in hot oil until brown.
7. Serve garnish with lime.

* Can be served with roasted breadfruit



YOUTH SYMPOSIUM

"EMBRACING THE PATHWAY TO SUCCESS"



The General Employees' Co-operative Credit Union Ltd (GECCU) continues to ensure that their scholarship holders are engaged meaningfully. This was achieved as the credit union hosted its annual Youth Leadership Symposium at the Anglican Pastoral Centre in New Montrose from August 26 – 27, 2024.

The featured speaker at the event was Ms. Caran Gordon, a Graduate Civil Engineer with the Ministry of Transport and Works. Gordon, a past GECCU Scholar of 2011, creatively demonstrated a diagram of the components of a properly constructed road to the students. She emphasized that a solid foundation is required and metaphorically identified each element of the road to her own journey including her faith in God, her parents, her friends, and other well-wishers.

Gordon seized the opportunity to thank GECCU for the knowledge that she gained when she attended the Symposium during her time as a scholar. GECCU currently has a total of 93 scholarship holders from Form 1 through Community College. The Symposium was held under the theme "Embracing the Pathway to Success."




GECCU
Together We've Built Together
HOLLISTER
I'm The Oldest Sister And I Make The Rules

DISASTER PREPAREDNESS TIPS



1. Identify your risk. Find out what natural disasters pose a risk to you.

2. Create a family disaster plan.

3. Create an emergency kit including non-perishable food items, water, flashlight, toiletries, money and medicine.

4. Secure important documents e.g birth certificates, passports etc.

5. Cater to your children, elderly and those with special needs.

6. Learn CPR and first aid.

7. Eliminate hazards in your home. For example, secure heavy furniture, check roof, and ensure windows and doors are storm-ready.

8. Ensure that insurance coverage is up-to-date.

9. Understand post disaster risks.

10. Know the emergency shelters that are close to you.

11. Conduct drills so your family knows the plan during a disaster.

12. Get involved if there is an emergency. You can volunteer.

**National Emergency Management Organisation (NEMO – 456-2975)*



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