



GECCU LTD

General Employees' Co-operative Credit Union Limited

GECCU BUZZ

VOL. 10

Photo of a custom hand-crafted boat made by Christopher Waldron of Bequia.

Welcome to our first GECCUBuzz newsletter for the year 2026! As we embark on this reflective journey, we invite you to revisit moments we have treasured for generations. Our feature on kite flying promises to ignite your sense of adventure. Also, meet our dedicated Loans Manager, Julian Ivo Joslyn, and explore the Easter traditions that hold a special significance for us as Vincentians. We trust that this edition will evoke warm memories and resonate with the spirit of Easter in your hearts.

GECCU BUZZ NEWSLETTER - EASTER EDITION 2026

CEO's MESSAGE

*Renewal, Hope, and Gratitude*

As we observe the sacred season of Easter, we pause to reflect on the deeper meaning of renewal, hope, and gratitude. It is a time to cherish our families, appreciate our blessings, and find strength in faith and community.

While we give thanks, we must also remain mindful of the realities beyond our shores. Ongoing global tensions and uncertainties continue to impact economies worldwide. As a small, import-dependent economy, these external shocks have the potential to affect cost structures, household spending, and overall financial stability.

In moments such as these, I encourage all members to remain vigilant and deliberate, to plan carefully, manage your finances prudently, and stay aware of how global developments may affect your personal circumstances.

Please be assured that GECCU remains



committed to supporting you. We are here to provide guidance, support, and reassurance as you navigate both the opportunities and uncertainties ahead.

May this Easter season bring peace, resilience, and renewed hope to you and your families.





MEET OUR GECCU STAFF

Mr. Julian Ivo Joslyn Loans Manager

A Journey of Service, Resilience, and Connection

I've never had a reason to chronicle my career journey before, but I am truly happy to share a bit of my story.

My name is Julian Ivo Mc Greggor Joslyn. My path in the financial sector began at an early age of 17.

Looking back, I've now spent over 30 years in the industry, with more than two decades dedicated specifically to the world of credit. Along the way, I've backed this experience with a degree in Business Management and various specialized training programs designed to sharpen my craft. While many perceive me as an extrovert, I am actually quite the opposite at heart (unless certain genre of music is being played in a festive setting). Regardless of my natural reserve, I have always been people-centric. In the service industry, this isn't just a preference. It's a necessity. I firmly believe that building amicable, genuine relationships is the key to resolving almost any challenge. >>>

I ground myself in a few core mantras: “You sow in tears and reap in joy” and “Peace, perfect peace.” I also have a deep belief in the power of karma; it keeps me mindful of my actions and grounded in my values.

Outside of the office, my greatest sense of belonging and purpose comes from being a father. My primary goal is to instill in my son the discipline and character needed to navigate the complexities of the modern world.

My journey hasn’t been without its hurdles. I cannot discuss my career without mentioning my “2021 Reset.” Significant changes in my personal life disrupted my mental energy, to the point

where a six-month career break and medical discharge were being discussed. However, through the grace of the Almighty and the incredible support of the loving people around me, I didn’t just return, I moved forward with a renewed sense of clarity and mental strength. I remain, as always, open to new journeys and opportunities, especially those that allow me to continue being of service to others■

CPEA SCHOLARSHIPS 2026



Deadline:
Friday April 24, 2026

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The Nostalgic Tradition of Kite Flying in SVG



Do you recall the delightful sights of Easter from your childhood? Of course you do!

The sky erupted with color and excitement as children of all ages poured into their villages for any available open space, clutching their custom-made kites, each one a unique masterpiece of imagination. Usually equipped with nothing more than a few pieces of essential materials such as plastic bags, 'pointers' stripped from coconut tree branches, and colorful threads snatched from your mother's or grandmother's sewing kit, there was a thrill coursing through your veins as you unleashed your creations into the wild blue yonder. You felt the thrill of tradition in the air. That unforgettable Easter wind only added to the excitement of kite flying, creating cherished memories that even now still bring a smile to your face. But with each gust came the challenge: could you keep your kite aloft, battling against the forces of nature?

Nowadays, vibrantly made pre-manufactured kites

are readily available, but there are still people who possess the creative talent to make great-looking traditional kites.

Local competitions have emerged over the years as well, where participants display their unique designs and flying skills. These contests generate excitement and friendly banter, culminating in prizes for the best kites, the youngest and oldest participants, among others.

This beautiful tradition not only honours the essence of Easter in the Caribbean but also illuminates the vibrant spirit of our Vincentian people. This beloved custom, rich in historic significance, unites families, friends and communities as they gather to celebrate not only the festive spirit of Easter but also a deeply rooted practice that brings joy and creativity to our lives. After all, only the strongest, most cleverly crafted kites could conquer the sky.

Easter Traditions in Saint Vincent and the Grenadines



Easter in Saint Vincent and the Grenadines is a captivating and culturally rich time of year, marked by distinctive customs and traditions that highlight the vibrant heritage of the nation. Have you ever wondered what are the traditions that are observed during this season? Well, here are a few:



Bleeding of the Physic Nut Tree

This custom takes place at noon on Good Friday. Locals use a knife to cut or stick into the bark of the physic nut tree which releases a red sap. It is believed that cutting the tree on any other day would not release such a rich colour that resembles blood. There is a common belief that the sap symbolizes the blood of Jesus Christ who was crucified on the cross. The legend also states that the physic nut tree was similar to the one used in the crucifixion of Christ.

Eating Fish during Easter

Many Vincentians abstain from eating meat during Easter. Instead, they partake of a variety of sumptuous fish dishes including smoke herring, codfish and mackerel. This tradition dates back to the Roman Catholic Church's practice of abstaining from meat on Fridays during Lent as a symbolic act of penance and remembrance of Jesus' crucifixion.





Setting of the Egg

On Good Friday, an egg is cracked and the white is poured in a jar of water to set. This is then placed in the sun. The egg white will then form a shape that is believed to offer insights into a person's future. For example, an image of a ship indicates travel overseas, a church suggests marriage and a foetus shape means the birth of a child. The egg white may even form the shape of a flower, tree or a person, each with its own interpretation based on local beliefs.

Hot Cross Buns

Another Easter tradition is the preparation and consumption of hot cross buns. The cross on the top of the buns represents the cross on which Christ was crucified and the spices in the dough symbolize those that were used to embalm His body.



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Marketing & Communications Manager, Danny-Lee Francis, presents a cash prize on behalf of GECCU to Victrix Ludorum Tamara Woodley of GHS in 2017.

GECCU's Ripple Effect: Celebrating 20 Years of Empowering Young Athletes Through Sponsorship of School Sports.

As the curtain gracefully falls on another sports term for 2026, we find ourselves looking back on two decades of unwavering commitment from GECCU to the world of school sports. This journey has not merely been about events and competitions; it has been a profound investment in the dreams and aspirations of countless young student-athletes. With a dedication to fostering talent, we have proudly sponsored a variety of schools, with notable events such as the St. Vincent Girls' High School and Grammar School Joint Sports Meet, and support for St. Clair Dacon Secondary School.

At GECCU, our mission extends far beyond simply funding games. We believe in the powerful ability of sports to develop vital life skills. Through teamwork, discipline, resilience, and leadership, athletes not only grow physically but also become confident, well-rounded individuals. Over the years, our sponsorship has paved the way for countless

students to discover their true potential both on and off the field.

Among the remarkable young athletes who have been part of this journey are Tamara Woodley and Janika Baptiste of GHS, Handal Roban, and Amal Glasgow of St. Vincent Grammar School. Each has benefited greatly from the support and incentives provided by GECCU during their secondary school years. Their successes are not just stories; they are inspirations that demonstrate the transformative influence of sports. Handal Roban, for example, made history by competing in the 2024 Summer Olympics in France and has been breaking national records as a student at Penn State University in the USA.

Similarly, although St. Clair Dacon Secondary School has a smaller student body compared to larger schools, GECCU's investment in its young athletes has boosted the annual sports meet, leading to the emergence of several talented athletes.

Many other schools across the country, too numerous to list individually, have also benefited from GECCU's investment in sports. As we reflect on these 20 remarkable years, we are excited about what the future may bring. Sponsoring school sports isn't just an investment in the present; it's about shaping the leaders of tomorrow.





International Women's Day is a significant occasion, and GECCU made it a priority to celebrate it meaningfully for its members and female staff in 2026 by showing appreciation and support. In a thoughtful initiative, female staff members took part in a creative journaling exercise to promote self-expression. This was complemented by a reflective session centered on mental and emotional wellness, led by Dr. Alisa Alvis, a Clinical Psychologist and Director of Mental Health Services. Overall, the day was an excellent opportunity for GECCU to honour women and foster mental well-being among its staff.





#GiveToGain



Easter Meals in SVG



During the 40 days of Lent before Easter, some Vincentians give up things like drinking alcohol and eating red meat. They eat fish, mackerel and smoked herring instead, especially on Good Friday. Vincentian households traditionally eat this way to observe Catholic abstinence from “flesh” (meat) on the anniversary of Christ’s death, choosing preserved fish due to historical affordability, availability during slavery, and tradition. For whatever reason, people refrain from eating or drinking certain things at this time; a diet containing fish is generally very good for us.

BENEFITS OF FISH

Besides being delicious in many ways, whether steamed or fried and smothered with onions and peppers, fish is high-protein and low-fat food, providing a range of health benefits.

Fish are also a great source of protein to keep your body lean and muscles strong. The benefits also extend to other functions of the body, including your liver and brain. With fish, you are guaranteed a good supply of vitamin D, useful for calcium absorption and essential for bone health and growth.

FISH & FRESHNESS TIPS

Only buy fish or seafood that is refrigerated or displayed on a thick bed of fresh ice. Fresh fish should have a mild scent and moist flesh. Don’t purchase fish that have a strong, fishy smell.

Whole fish should have bright, bulging eyes. As the fish loses freshness, the eyes become cloudy and sunken. Check the gills. They should be bright red or pink. Avoid fish with dull-coloured gills that are grey or brown.

SALTFISH, SMOKED HERRING, BLACKFISH & MACKEREL DISHES

Saltfish (cod), Smoked herring, Blackfish and Mackerel are staple, traditional Good Friday meals in the St. Vincent and the Grenadines. They were historically cheap, preserved rations provided to enslaved people, which evolved into beloved traditional dishes. They are chosen for their intense flavor and long shelf life, typically served as a sautéed, savory dish accompanying boiled root vegetables ground provisions, dumplings, or roasted breadfruit.

Preparation: The fish is typically salted and smoked. Before cooking, it is usually soaked in boiling water or soaked for several hours to

remove excess salt and rehydrate, after which the skin and bones are removed.

Cooking Method: The flaked, cleaned fish is sautéed with garlic, onion, peppers, tomatoes and herbs like thyme, creating a dish often known as a “buljol” style.





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REQUEST FOR NOMINATIONS

TERMS OF APPLICATION

Forms are now available for the nomination of persons to fill the following vacancies at the 60th Annual General Meeting:

**Board of Directors
Credit Committee**

Supervisory and Compliance Committee

**APPLY
NOW**

*Nomination forms are available at all
GECCU's branches and on our website*

www.geccu.com

Nomination Period:

MARCH 16 - APRIL 13, 2026

Completed forms should be submitted in
a sealed envelope addressed to:

**CHAIRPERSON
NOMINATIONS COMMITTEE
C/O COMPLIANCE DEPARTMENT
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KINGSTOWN
ST. VINCENT AND THE GRENADINES**



FOR MORE INFO



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GECCU BUZZ VOL. 10 CREDITS

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