



NEWSLETTER

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Welcome To The Orapa SACCOS Newsletter!



EDITOR'S MESSAGE

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Hello there, Reader! It is indeed a great honour to be the Newsletter Editor for Orapa SACCOS and it is an immense pleasure to launch this second edition for 2023. I hope our first issue was very impactful as it was the first for Orapa SACCOS and the first for the year 2023.

Sharing ideas and experience is an important part of our job and my vision around this space is to continuously make our efforts clear and create informative content through this newsletter. In this edition, we continue to focus on financial literacy and governance.

If you would like to be featured or have content you would like to share with us please do not hesitate to contact us at pgaarogwe@orapasaccos.co.bw or info@orapasaccos.co.bw.



PAGES TO LOOK OUT FOR

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Financial Wellness

Let us take a deep dive into financial wellness and how achieving financial stability plays a significant role in minimizing an individual's problems because it puts them in charge of their finances, bringing them peace of mind. Conversely, mental wellness is a complex concept that varies per individual and can be influenced by multiple factors such as stress levels, anxiety, and personal relationships.

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Life -Style Audit Meets Financial Discipline

The secret to enjoying a secure and independent financial situation is to practice good financial discipline. Setting short-, mid-, and long-term financial goals, creating a budget, paying off debt, establishing an emergency fund, reducing spending, developing sound investment strategies, and working with a financial advisor are just a few ways to practice financial discipline.

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Compliance Corner

"Re tlisa thuto ko malokong". Tsaya sebaka o ithute ka borukhutlhi jwa madi le dikarolo tsa one. Ela tlhoko se: Borukhutlhi jwa madi bo kgona go dirwa ka tsela tse di farologanyeng, anya thuto o seka wa fitlhela o wetse ka motlhobodika.

FINANCIAL WELLNESS

by Pertunia Gaarogwe

In life, there are two essential factors to consider - financial stability and mental health. While the two may seem unrelated at first, they are deeply intertwined and can impact one another significantly. The traditional way of thinking dictates that a stable financial situation brings better mental health as it reduces stress, anxiety and improves overall wellbeing. While this connection does exist, there is another side to this argument that is often overlooked.

Mental health should always be a top priority, and sometimes it requires sacrificing financial stability to prioritize mental health. People's mental health could be put at risk when they pursue financial stability at any cost. This notion is substantiated by the common idea that "money cannot buy happiness" and this is evident as many successful people still encounter mental health struggles despite their financial stability. In this context, it is important to think about the ways in which prioritizing mental health can lead to better financial stability in the long run.

In our society, people perceive achieving financial stability as a mark of success. It's unfortunate but true that people who have lower earnings are often dismissed or undervalued, while people who have higher earnings are applauded and respected. This creates a vicious cycle as people become more and more absorbed in their pursuit of financial stability, leading them to disregard their mental health.

It is worth noting that most people's jobs require them to spend the majority of their week at work, which can be quite stressful. As much as they work to mitigate those stressors, sometimes they are unavoidable, and they can compel employees to stay in jobs that are detrimental mentally, financially or both. This is not only counter-productive but can have long term effects on an individual's mental health, limiting their potential to achieve further financial stability.

On the other hand, prioritizing mental health, even over a considerable financial sacrifice, can have long term benefits. Research shows that people who take care of their mental health are more likely to make sound decisions, improving their chances of achieving financial stability in the long run. Many people who prioritize their mental health may leave high-stress jobs or make significant lifestyle changes that may impact their earnings. However, by prioritizing their mental health, they reduce stress, gain focus and energy, and have a clearer perspective of where they want to go financially.

It can be challenging to find that perfect balance between financial stability and mental health. However, no matter which one of the two you prioritize, it is essential to keep in mind that mental health and financial stability are not mutually exclusive. In fact, mental health is a critical aspect of holistic wellbeing, and ensuring that your mental health is a top priority can have incredible benefits in various aspects of your life.





Most importantly, prioritize your mental health over financial stability to ensure that you establish healthy habits and can manage stress effectively. Prioritization of mental health may lead to fewer expenses on therapy, medication, and even time away from work, leading to better financial stability overall. It is possible to have a prosperous career while maintaining good mental health. In many cases, choosing to prioritize mental health can have significant benefits not only in the short term but also in the long term.

In conclusion, mental health and financial stability are both essential aspects of life, and it is crucial to find the right balance. While financial stability is typically seen as the key to happiness, sometimes it is necessary to prioritize mental health over financial gain. By prioritizing mental health, individuals can make better decisions, achieve clarity, and overall better financial stability. Allowing yourself to prioritize mental health over financial stability proves to be an excellent investment in your future.



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- No collateral required.
- Eligible to Orapa SACCOS members only



Q And A

Q: Does Orapa SACCOS offer financial coaching?

A: Yes. Orapa SACCOS is committed to providing assistance to its members to reach their financial goals by teaching them money management skills, such as how to build savings , create a financial plan or pay down debt. We are dedicated to helping our members to know more about financial literacy.

VALUES



COURAGE



INTEGRITY



CARING



ACCOUNTABILITY



TEAMWORK

ITHUTHUNTSO YA BORUKUTLHI JWA MADI

by: Khumoetsile Phuthego

Money Laundering/ Borukutlhi jwa madi

Go tlhatswa madi ke mokgwa o madi a a bonweng ka ditiro tsa borukhutlhi a phepafadiwang gore a lebege e le madi a a phepa. Ditiro tse di akaretsa bogodu, tshenyetso sechaba kana mohiri, go rekisa dibetsa le diritibatsi tse di seng ka fa molaong fa re umaka di le mmalwa.

Anti- Money Laundering (AML) / Kemiso ya Borukutlhi jwa madi

Kemiso ya borukutlhi jwa madi (AML) ke tsamaiso le melawana ya twantsho borukutlhi jwa madi. Orapa SACCOS e ikemiseditse go tlisa kitso ya borukutlhi jwa madi mo malokong ele tsela ya go ruta le go itsa kgonagalo ya go dirisiwa go tlhatswa madi.

Dikarolo/Dikgato tsa borukhutlhi jwa madi

1. **Placement:** This is the initial point of entry of "dirty money" into the legitimate financial system/ illicit funds placed in financial instrument, eg SACCOS.

- Kgato ya ntlha e supa ka fa madi a a tswang mo ditirong tsa borukutlhi a tsenang ka teng mo dibankeng le mo dikoporaseng tsa rona.

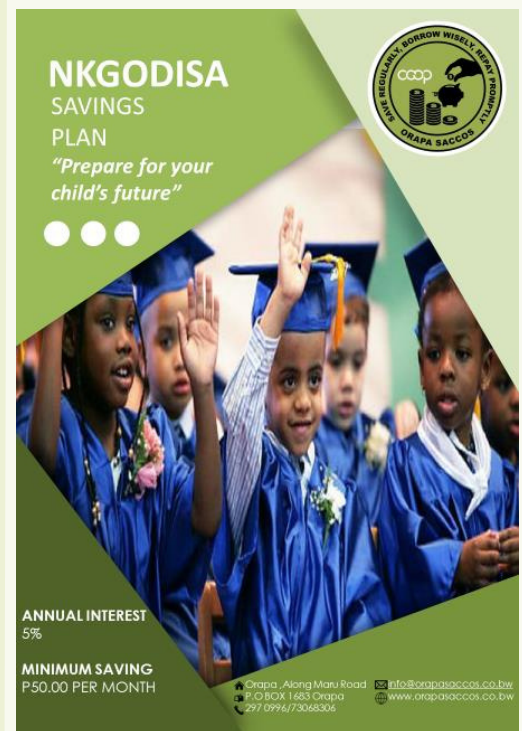
2. **Structuring/Layering:** This is the deliberate creation of complex transactions to hide the criminal origin of the money / repeated transfers, deposits, and withdrawals. It is typically designed to confuse law enforcement who would be forced to commit more resources to follow a more complex paper trail.

- Kgato ya bobedi (stage 2) e supa gore fa madi a setse a tsene mo banka kgotsa koporaseng, go ka nna le dikadimo tse dintsi (Loans or savings withdrawals), go ka diragala gape gore maloko a busetse madi a ba a adimileng gape mo koporaseng. Kgato e ya bobedi, e dirisiwa ke dirukuthi go timetsa motlhala wa madi aa leswe.

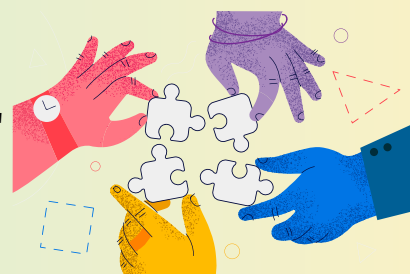
3. **Integration:** This is the purchasing of legitimate assets using funds that were cleaned by layering.

- Kgato ya boraro (stage 3), ke fa go dirisiwa madi aa tlhatswitsweng ka dibanka kgotsa dikoporaseng go reka dithoto tse di ka fa molaong jaaka matlo, dikoloi le go bula dikgwebo kgotsa go godisa dikgwebo tse di ntseng di le teng tse di kafa molaong.

Tsaya dikgato tse di tshwanetseng o le Mokoporaseng go sireletsa Koporaseng ya gago le lefatshe la Botswana mo borukutlhi jwa madi.



"Cooperatives for Sustainable Development"
01-Jul-2023





FEED BACK CORNER



"The best form of customer service is self-service. Constantly empower customers to get their own answers themselves." - Dan Pena



Keledi Thipe

14:37

To: Khoahla-a-Letsema-a-Chemane >

[Internal] SACCOS newsletter

Wow... great information on financial literacy and of benefit to the members. Continue with more newsletter.



Jeanette Makgolo

That's awesome! Congratulations! True cooperators!



Top fan

Mpho Dominic Golekanye

Thank you for sharing this!



Nkamo Serameng

Wow! That's awesome!



Ruth Seithamo

Re a leboga. Re semeletse.



Ntsheno Ntsheno

Indeed you are building a better world. 🙏

Happy President's Holiday



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Orapa Saccos

LIFE-STYLE AUDIT MEETS FINANCIAL DISCIPLINE

by Pertunia Gaarogwe

Are you living your best life, but struggling to manage your finances and budget? Are you tired of feeling like you're always behind on bills, savings, and investments? It's time to take control with a lifestyle audit and financial discipline.

A lifestyle audit is a powerful tool that helps you understand your current spending habits and how they impact your financial security. By examining your expenses, you can identify areas where you can make changes and set goals around your financial priorities.

But a lifestyle audit alone isn't enough to turn your finances around - you need financial coaching and budgeting strategies to make lasting changes. With a financial discipline, you'll learn essential skills like setting a budget, creating a debt repayment plan, and building up an emergency fund. You'll also gain valuable insights on how to manage your money better, so you can spend less and save more.

But here's the best part: by combining a lifestyle audit with financial coaching, you'll be able to align your financial goals with your personal values and goals. You'll start to see that living a vibrant, fulfilling life doesn't have to come at the expense of your financial well-being.

Here's a closer look at how a lifestyle audit and financial discipline can transform your life:

1. Get clear on your current financial situation.

With a lifestyle audit, you'll take a close look at your income, expenses, debts, and assets. You'll be able to see where your money is going and identify areas where you could be saving more. This is a crucial step in gaining control of your finances and building a strong financial foundation.

2. Set goals based on your values and priorities.

With a clear understanding of your current financial situation, you can start to set goals that align with your values and priorities. Maybe you want to save for a down payment on a house, travel more, or start a business. A financial coach can help you create a plan to reach those goals while staying within your budget.

3. Learn essential financial skills.

Managing your money effectively requires specific skills and knowledge. A financial coach will teach you budgeting strategies, debt repayment plans, and other essential financial skills that will help you build a secure financial future.

4. Overcome financial challenges.

Unexpected expenses, job loss, and other financial challenges can derail your financial plans. With a financial coach, you'll learn how to weather these challenges and make adjustments to stay on track with your goals.

5. Achieve true financial freedom.

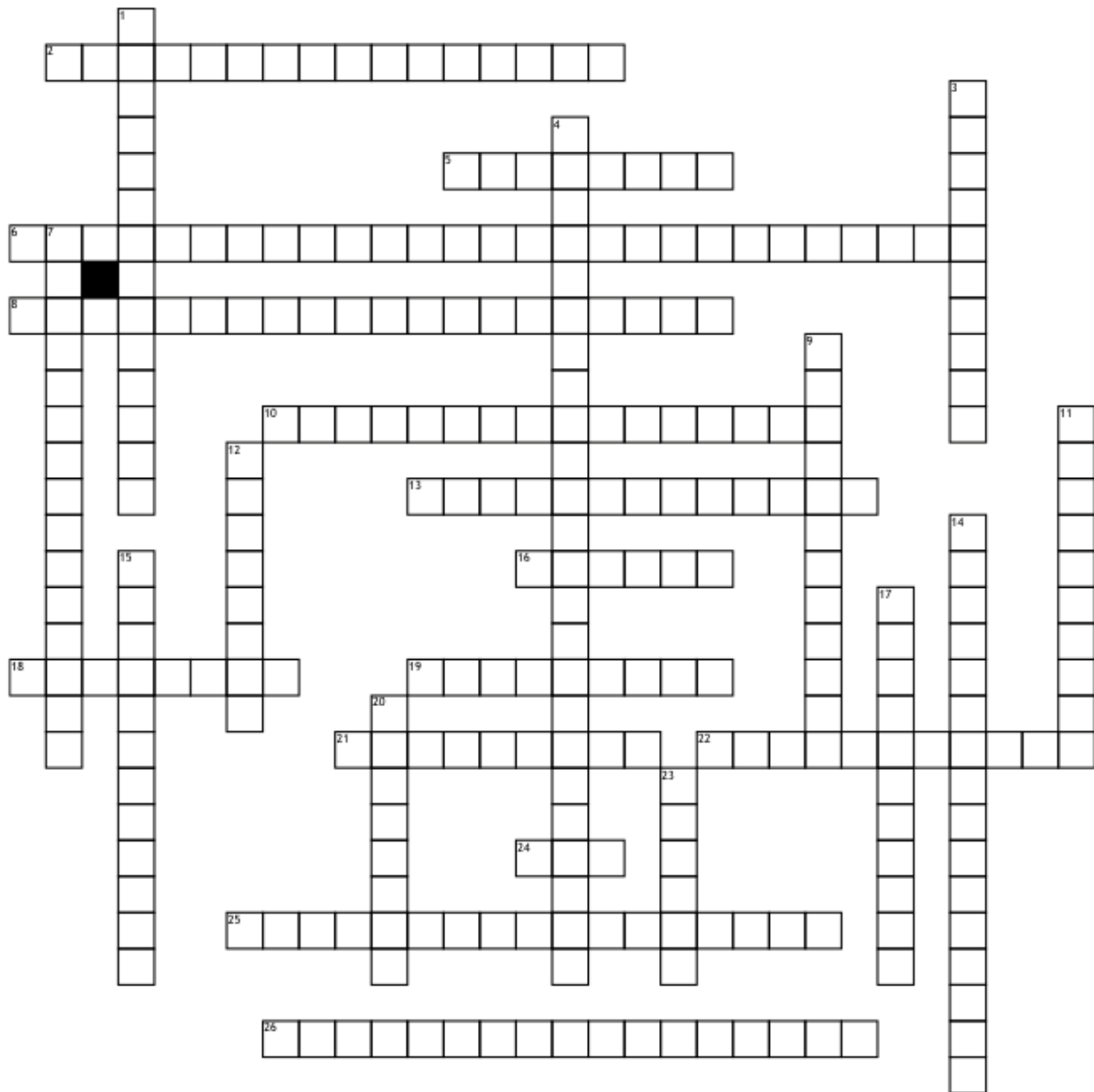
By combining a lifestyle audit with financial coaching, you'll be able to live a vibrant, fulfilling life while also building financial security. You'll be able to make choices that align with your values and goals, without feeling weighed down by financial stress.

Contact us if you need any financial coaching assistance. We are only a call away.

WIN YOURSELF A HAMPER BY ATTEMPTING TO THE CROSS WORD BELOW

Name: _____ Date: _____

Show Me the Money!!



Across

2. Expenses that may change in frequency and/or amount from one time period to the next. i.e. food
 5. To sell an investment at a value less than its usual price
 6. Half the monthly payment is paid every two weeks
 8. The time frame for which the calculation of a mortgage payment is determined
 10. The rate at which the value of an item increases over time.
 13. Regularly occurring expenses that are the same from one time period to the next
 16. Someone who rents accommodations
 18. Total assets (wealth) minus total liabilities (debt)

19. Services such as water, heating, and electricity

21. The value of an investment or loan
 22. Total earnings less all payroll deductions from a total area
 24. A feature of a calculator that is used for financial calculations
 25. The length of time for which interest is calculated before being accumulated
 26. A single loan obtained to pay off multiple loans

Down

1. Total earning before deductions
 3. The percent by which an investment increases or decreases in value over a given time
 4. One quarter of the monthly payment is paid each week

7. The interest paid on the principal and its accumulating interest

9. The value of an investment or loan on date before the end of the term
 11. Expenses shared by all owners of a condominium complex
 12. A series of equal payments or deposits paid at regular intervals over a fixed period of time
 14. The rate at which the value of an item decreases over time
 15. The number that is multiplied by the principal when calculating its accumulated value
 17. The value of an investment or loan at the end of the term
 20. A person or organization that lends money
 23. An organized income spending plan