

Money Matters



welcome to GNO
FEDERAL CREDIT UNION

find out what better banking is all about

Did you know you're saving money—maybe hundreds of dollars a year—just by being a GNO Federal Credit Union member?

On average, credit union member households in the U.S. save about \$159 a year.

GNO FCU offers a better value because we are a not-for-profit institution owned and controlled by our members. Banks are owned by stockholders who want solid returns on their investments.

If you're looking for a safe place to save and borrow, without getting nicked and dimed to death, GNO FCU is the best deal—bar none.

Visit gnofcu.com or any of our conveniently located branches today to see how much more you can save by using our services.



what we offer

saving products

- Regular Savings
- Money Manager
- Term Share Certificates (CDs)
- Individual Retirement Accounts
- Club Savings
- Holiday, Vacation, Emergency
- Youth & Young Adult Accounts
- MatriMoney - Wedding Savings
- Checking
 - Free with Direct Deposit
 - Free for members 25 years & younger
 - Free for members 62 years & older
- Debit or ATM card
 - No fee at GNO & Capital One Branch ATMs

lending services

- VISA Credit Cards
- New & Used Vehicles
- Tuition
- Signature
- Line of Credit
- Stock Secured
- Share Secured
- Payday Loan Alternative
- Mortgage
 - 1st & 2nd
 - HELOC
 - FHA
- Sallie Mae Student Loans

account access

- Home Banking
- Mobile App
- Co-op Shared Branches
 - Nationwide access at nearly 5,000 shared branches
 - www.co-opsharedbranch.org
- Capital One Branch ATMs
- GNO Branches
 - 3105 Lime Street - Metairie
 - 2812 Canal Street - N. O.
 - 2731 Manhattan Blvd., Ste A-25 - Harvey

convenient services

- Mobile App
- E-statements
- E-Bill Pay
- Personal Financial Manager
- Online Loan Applications
- Communique® Audio Teller
 - 504.459.8170
- Call Center
 - 504.454.8224

we also offer insurance products

844-788-0819 Toll Free
www.gnofcu.com/insurance

WWW.GNOFCU.COM

504.454.8224



Pontchartrain Partners would like to announce our approval with the **Greater New Orleans Federal Credit Union!**

The Credit Union has already listed us on their website as the newest Select Employee Group! Teaming. The credit union will offer many beneficial financial options for our employees, such as savings accounts, checking accounts, debit/ATM cards, and loans.

In the next couple weeks, employees will be able to apply for membership. You can check out the Credit Union at www.gnofcu.com.

Please watch for more information on how to join in the coming weeks! For employees outside of the New Orleans area, access to the GNOFCU may be limited. Please contact HR for more details.

NOLA HAPPENINGS



MID CITY BAYOU BOOGALOO

May 19 – 21, 2017

Mid-City Bayou Boogaloo festival is a cultural extravaganza of food, art and music on the banks of Bayou St. John in New Orleans. Featuring local musicians, artists and performers, this festival annually draws 35,000 guests, both local and traveling. A perfect celebration of Creole heritage, the Mid-City Bayou Boogaloo features local food vendors and has a variety of family-friendly activities.



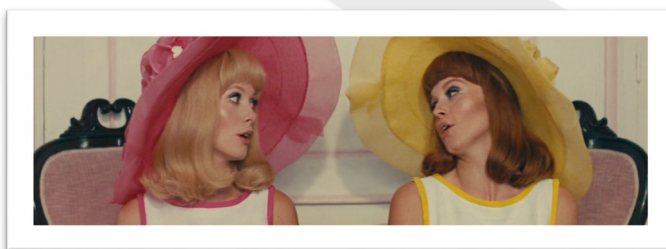
**OPENING NIGHT & CLOSING
NIGHT TICKETS**
May 21-27, 2017

\$11 for NOFS and Prytania
Members
\$13 Non-Members

\$9 for NOFS and Prytania
Members
\$11 Non-Members

The New Orleans Film Festival has grown into an internationally respected annual event. It is one of the few film festivals that is Oscar-qualifying in all three Academy-accredited categories: Narrative Short, Documentary Short, and Animated Short—and it's been recognized by MovieMaker Magazine as one of the "Top 50 Film Festivals Worth the Entry Fee" every year since 2012 (one of only two fests to receive that recognition for five straight years).

- NOFF



NOLA HAPPENINGS

NEW ORLEANS FESTIVAL

There's plenty to do and see at this year's Greek Festival New Orleans — bring your family and experience our family's rich culture! Take a guided tour of the Cathedral, watch the Hellenic Dancers perform, listen and dance to live Greek music, and relax on the Bayou while the kids enjoy the Athenian Playground.

Event begins : May 26, 27, 28, 2017



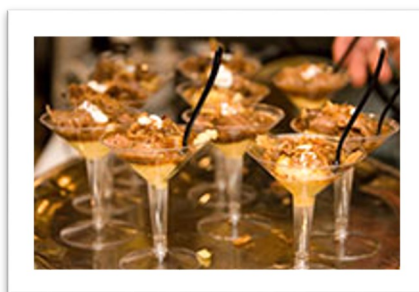
Looking for some Memorial Day Weekend 2017 fun?

Try eating and drinking for a good cause at the

New Orleans Wine and Food Experience

NOWFE is a non-profit organization with 100% of proceeds going to causes that support culinary education.

Prices Vary upon event

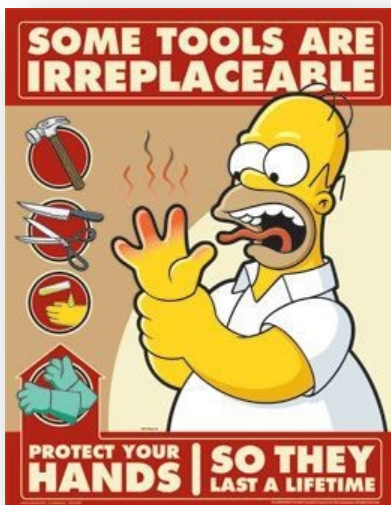


Tickets starting at \$45.



Safety matters

Personal protective equipment (PPE) is designed to protect workers from serious workplace injuries or illnesses resulting from contact with chemical, radiological, physical, electrical, mechanical, or other workplace hazards. Besides face shields, safety glasses, hard hats, and safety shoes, protective equipment includes a variety of devices and garments such as goggles, coveralls, gloves, vests, earplugs, and respirators.



PPE requirements vary by industry and according to materials handled. Employers and employees bear responsibility to ensure the proper usage of adequate PPE in the workplace. Employers must detect workplace hazards and make efforts to mitigate them. Employees must comply with workplace policies concerning PPE and report problems with the equipment to the employer. Surveys of safety professionals consistently indicate failures to wear proper safety equipment while on the job. Given this, it is not surprising that compliance with PPE protocols is a significant concern in injury prevention programs. The Occupational Safety and Health Act's (OSHA) general PPE requirements mandate that employers conduct a hazard assessment to determine hazards that are present, what PPE is proper for

those hazards, and train and require workers to wear and maintain it in a sanitary and reliable condition. While PPE is important to workplace safety, its use is subordinate to the implementation of feasible engineering controls and administrative controls to eliminate or minimize the hazard. Requiring the use of PPE alone may expose workers to the unmitigated hazard. Injury may occur if the PPE is not selected, worn or maintained properly, or if the PPE fails.

A mistake, such as dropped tools, equipment and material from an elevated location can produce fatal results for those working below! Consider the following:

1. Falling objects accelerate at the rate of ~32 feet per second, per second.
2. A falling object hits with an impact equal to its weight times the falling distance.

Example: Suppose a construction worker drops a tool from a platform 50 feet up. Below him, several other men are working. One employee glances up, sees the falling object—the wrench—and gives a warning yell. By the time it registers on his vision, it's only 3 to 4 feet above his head...and, it's traveling about 48 feet per second. NO ONE can move fast enough to escape a situation like this. A stronger lesson in the value of a hard hat could hardly be found.

No matter how small the job is you should always wear your PPE and PFD!—Chelsea Castillo



2017 National Student Steel Bridge Competition

Hosted by Oregon State University | May 26-27, 2017



A total of 25 UNO students competed against other student chapters from Louisiana, Mississippi, Arkansas and Tennessee in a variety of engineering contests in Memphis. UNO teams also placed fourth in the competition to construct a functional canoe out of concrete and fifth in the competition to design and build a small water filtration system.

"This intercollegiate competition challenges civil engineering students and supplements their education with a comprehensive student-driven project experience," said Gianna Cothren, associate professor of civil engineering at UNO and faculty advisor to the University's ASCE student chapter.



The steel bridge competition gives students the opportunity to work on a real-world bridge design project from conception and design through fabrication, erection and testing, culminating in a steel structure that meets client specifications and optimizes performance and economy. While placing second overall in the steel bridge competition, UNO achieved first

place rankings in two specific contest categories: economy, with their nearest competitor coming in at twice the cost, and construction speed. To prepare for the national competition, Cothren says over the next month and a half the team will work on improving bridge stiffness, reducing weight and practicing efficient construction.



UNO American Society of Civil Engineers (ASCE) student chapter will be going to the 2017 National Steel Bridge Competition. One of the competitors in the UNO group will be our very own Enrique McDonald. Congratulations to UNO being the only college in Louisiana to make it to nationals.



GOOD LUCK TO ENRIQUE AND THE UNO STEEL BRIDGE TEAM!!!!

Health & Wellness

The average business professional has 30 to 100 projects on their plate. Modern workers are interrupted seven times an hour and distracted up to 2.1 hours a day. And four out of 10 people working at large companies are experiencing a major corporate restructuring, and therefore facing uncertainty about their futures. This may be why more than 40% of adults say they lie awake at night plagued by the stressful events of the day. Is there a way to maintain steady focus throughout the day? Is it possible to do everything that needs to get done and still have energy left over after work? How do you keep cool under so many demands? Informed by 10 years of Harvard research and field-tested by more than 6,000 clients and trainees, Melnick offers the following strategies to take your work stress down a peg, before it takes over your life.

Act Rather Than React

"We experience stress when we feel that situations are out of our control," says Melnick. It activates the stress hormone and, if chronic, wears down confidence, concentration and well-being. She advises that you identify the aspects of the situation you can control and aspects you can't. Typically, you're in control of your actions and responses, but not in control of macro forces or someone else's tone, for example. "Be impeccable for your 50%," she advises. And try to let go of the rest.

Take A Deep Breath

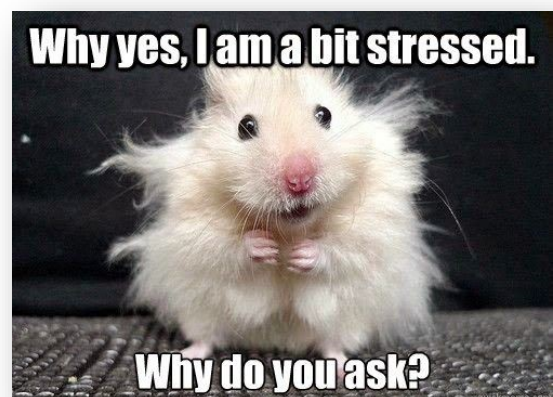
If you're feeling overwhelmed or are coming out of a tense meeting and need to clear your head, a few minutes of deep breathing will restore balance, says Melnick. Simply inhale for five seconds, hold and exhale in equal counts through the nose. "It's like getting the calm and focus of a 90-minute yoga class in three minutes or less at your desk," she says.

Eat Right And Sleep Well

"Eating badly will stress your system," says Melnick, who advises eating a low-sugar, high-protein diet. "And when you're not sleeping well, you're not getting the rejuvenating effects." According to the CDC, an estimated 60 million Americans do not get sufficient sleep, which is a critical recovery period for the body. If racing thoughts keep you from falling asleep or you wake up in the night and can't get back to sleep, Melnick suggests a simple breathing trick that will knock you out fast: Cover your right nostril and breathe through your left for three to five minutes.

Reset The Panic Button

For those who become panic-y and short of breath before a presentation, Melnick says you can quickly reduce your anxiety with the right acupressure point. Positioning your thumb on the side of your middle finger and applying pressure instantly helps regulate your blood pressure.





MAY 14TH

TO ALL THE MOTHER'S OF
PPLLC, RELAX AND ENJOY YOUR
DAY. YOU DESERVE IT.



May 5, 2017



In the United States, Cinco de Mayo is widely interpreted as a celebration of Mexican culture and heritage, particularly in areas with substantial Mexican-American populations. Chicano activists raised awareness of the holiday

in the 1960s, in part because they identified with the victory of indigenous Mexicans over European invaders during the Battle of Puebla. Today, revelers mark the occasion with parades, parties, mariachi music, Mexican folk dancing and traditional foods such as tacos and mole poblano. Some of the largest festivals are held in Los Angeles, Chicago and Houston.

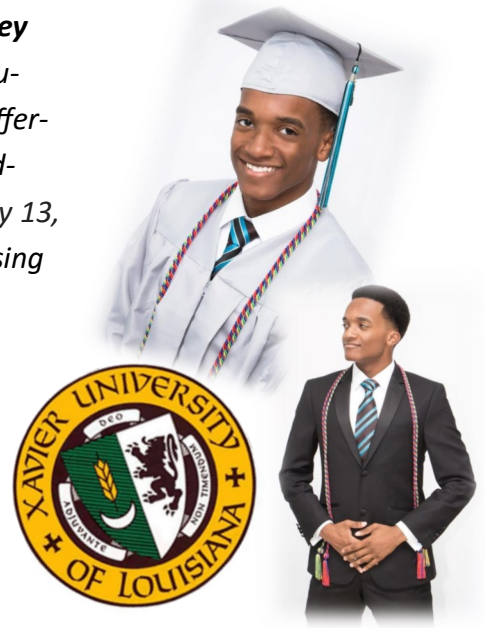


PONTCHARTRAIN PARTNERS

It's a Family affair



AP/Payroll Clerk Makeda Miller's son, **Eric Harvey Earl Peterson**, is graduating from Thomas Jefferson High School for Advanced Studies on May 13, 2017. Eric will be pursuing a degree in Biology from Xavier University to move on to becoming a Bioengineer.

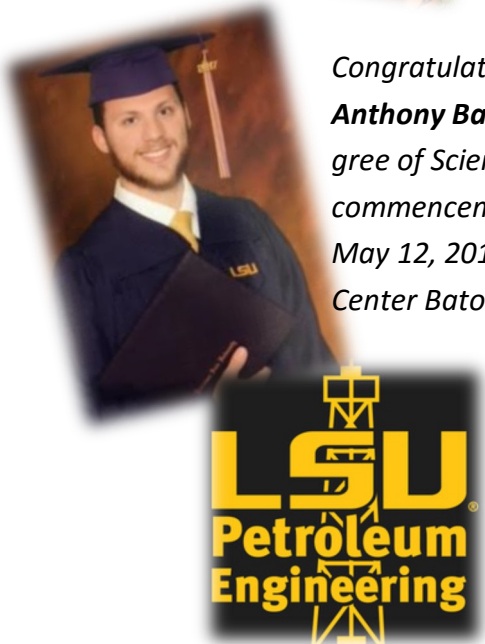


Pontchartrain Partners would like to congratulate **Alexia Diamond Blanks** on her 2017 Debutante Ball in Dallas Texas. She was presented by her mother Alexia Brooks and Her father *Danny Blanks Sr.*

Diamond Blanks is a senior at RL Turner High School where she will graduate with a 3.8 GPA ranked number 8 in her class of 586 students. She will be attending LSU on a Full academic Scholarship as a Honor Student in their 3 plus 1 Pre-Vet Program.



Congratulations to Boogie Bayes' son, **Jordan Anthony Baye** graduating with a Bachelors Degree of Science in Petroleum Engineering. The commencement exercises will be held Friday, May 12, 2017 at 11 am @ Maravich Assembly Center Baton Rouge, Louisiana.



Happy 1st Birthday to Jackson Woods, son of Brooke Woods, Business Development Director. We love watching you grow.

