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ENERGY ONE Source

FUELING YOUR FINANCIAL FUTURE SINCE 1935

Energy One Federal Credit Union is a member-focused institution. We provide this monthly newsletter in an effort to help our members be educated and informed in the financial world today.

What Should You Do During a Recession?

Whether or not the economy is in a recession or if your own family is in a personal recession, there are some things you can do to cope and possibly prosper during these difficult times.

1. Keep saving. Cut back other expenditures before you reduce your current savings plan. And cut deeper before you dip into your current savings accounts.
2. Watch your asset allocation program. If you are investing for the long term, don't let short-term disturbances in the stock market throw you off your long-term goals.
3. Reduce, or at least don't increase, your credit. Increasing your credit load during an economic downturn just makes it harder for you to recover once the economy turns positive.

What Should Retirees Do?

If you are already retired, a recession poses additional threats to your personal economic security. To help stimulate the economy, the Federal Reserve often lowers interest rates during a recession. While this may help the economy, it usually hurts retirees because it reduces their investment income from bonds, CDs and Treasury Bills.

Retirees with assets invested in stock mutual funds can see their portfolio values drop considerably during a recession. Withdrawals to pay for food and housing further decrease the value of these investments, making it even more difficult to recover once the stock market rebounds.

One solution is to have a guaranteed source of income to pay for essentials such as food and housing. When interest rates plummet and stock prices fall, a steady monthly check provides the cushion retirees need to weather these economic storms.

Surviving Until the Recovery

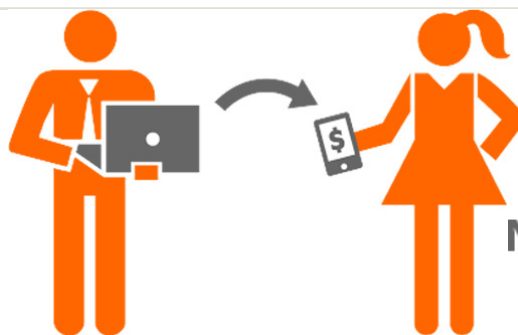
The U.S. has seen many recessions and every one has been followed by a recovery. With the strategies outlined here you can confidently endure any recession through to the next recovery.



Steve Parker, CLU, ChFC, is a Financial Advisor with MEMBERS Financial Services located at Energy One. If you have any questions, or would like to provide feedback, regarding the information presented in this article, you may contact Steve Parker at 918-699-7184 or steve.parker@cunamutual.com

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SIMPLE PLEASURES: Take a minute. Enjoy.



- Serve coffee in your best china.
- Roller skate.
- Hold someone's hand.
- Breathe deep.
- Buy a box of assorted herbal teas. Try them with a friend
- Get something that smells nice to scent your home.
- Set up a colorful fruit basket for eye-appeal and to invite everyone who walks through your door to dig in to something healthy.

MONTHLY NEWSLETTER CONTEST

You could win \$25—just for reading the Energy One Source. A member's name and the last three numbers of their zip will be hidden within the newsletter (example: JDoe119). If it matches **your** name and zip, e-mail scapper@energyone.org with Newsletter Contest in the subject line. Once the match is verified, Energy One will deposit \$25 into the winner's account. Contest rules are available online at energyone.org/newslettercontest.asp.

Help Your Child *Understand* Money Matters

Whether we're in a recession or the economy is thriving, teaching our kids to understand money and saving is an important responsibility we have as parents. Here are a few ideas to help your kids understand money matters and saving:

1. Start early. As soon as your child starts counting, familiarize them with money. Since kids tend to learn by repetition, ensure they see you handle money repeatedly, whether counting it, putting coins into a jar or piggy-bank, or even by introducing games that involve money.

“Take them to the credit union and help them open their own savings account.”

2. Set goals. Having a clear idea of what they're saving for will help your child actually want to put their money into a piggy-bank or savings account.

3. Communicate. Be up front with your kids, teaching them the difference between needs and wants. Also, explain to them the importance of saving money, investing and spending their money wisely.

4. Give an allowance. Once your children are old enough, start giving them an allowance for chores and other things they do around the house. Also teach them to

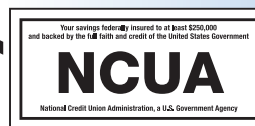
save a part of their allowance for their piggy-bank or savings account and allow them to spend what's left on their goal (a book, toy, etc.).

5. Open a savings account. Take them to the credit union and help them open their own savings account. Keeping a record of the money they save will motivate them to keep saving and hopefully will give them a solid foundation for later on in life. DLauro120



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