La Capitol's Quarterly
Newsletter
For Members of La Capitol Federal Credit Union
January 2025



Renovate Your Finances

PRESIDENT'S PERSPECTIVE
Michael Hooper
President/CEO of La Cap

Every January, we tend to make big plans for the year. Financial goals are usually big on the list of resolutions we set, but they aren't everyone's favorite. Whether you enjoy working on a budget or not, you're dealing with finances every day when you gas up the car, pick up groceries, buy new clothes, or just pay the bills. Sometimes we don't even think about it. Then, when money is tight or we're struggling to save for that family vacation, we get overwhelmed and feel like we'll never reach our goals. Don't give up – those moments can be the perfect time to renovate your finances.

Look at your spending

The first step to a renovation is inspection. Just like a contractor assessing a house, you need to understand what's working and what needs fixing. Look at your spending habits the same way you would look at a blueprint. If you already have a budget, you can quickly spot areas where costs are exceeding the plan. If you don't have a budget, start by listing your income and fixed expenses, then add in your other spending. A simple notebook, a spreadsheet, or a budgeting app can help with this part of the process.

If you start to feel overwhelmed, remember you're not alone. La Cap offers free online financial education resources through Knowledge of Financial Education (KOFE) at lacapitolfcu.kofetime.com. These tools can help you lay a solid foundation through budget-building tips, financial courses, and one-on-one coaching.

Build your blueprint

Once you've looked over what you have, it's time to design a plan. Set realistic goals that act as your financial blueprint. For example, instead of vaguely planning to "save more money," aim for a specific, achievable target like "saving $1,200 this year by putting aside $100 monthly." Pay yourself first by dedicating a portion of your income to savings before addressing other expenses. Even a modest $25 per paycheck can grow into a strong savings foundation over time. Just like measuring twice and cutting once, reviewing your budget weekly or monthly ensures that you're staying on track and can make adjustments before small issues become major obstacles.

Use the right tools

Using the right tools can make the entire process easier. Whether you need to choose the right checking account, understand how a home equity line of credit can work for you, or explore options for investing, La Cap is here to help. Our staff can guide you in selecting the right products and services to suit your needs, so you can feel confident about your financial decisions.

- High-Yield Checking Accounts: Choice Checking offers competitive dividend rates, helping your money grow while remaining accessible for everyday expenses. With this account, you can earn up to 6.25% APY.[1]
- Share Certificates: If you're planning for medium- to long-term goals, our share certificates[2] provide a safe and rewarding way to save with fixed terms and higher rates.
- Financial Guidance: Not sure where to start? Visit KOFE at *lacapitolfcu.kofetime.com* or read our blog at *www.lacapfcu.org/blog*. Our helpful staff is also available to answers questions about La Cap products and services.

Build for the future

Renovating your finances is not a one-time project—it's an ongoing process of maintenance and improvement. Every small step, from tightening your spending habits to setting long-term goals, adds strength and stability to your financial foundation.

As you move through the year, remember that La Cap is by your side. Together, we can transform your goals into reality. So, grab your toolbox—it's time to get to work!

For more information about La Cap, visit LaCapFCU.org or your local branch.

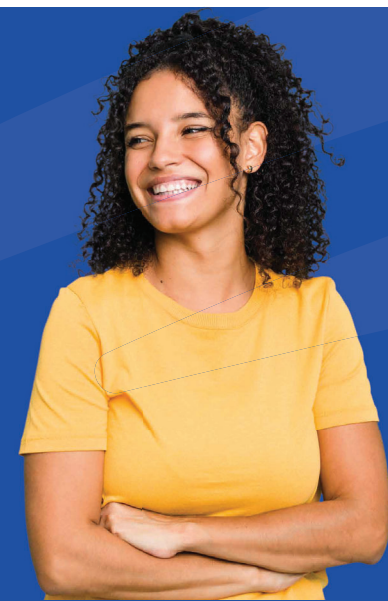
[1&2] *Disclosures on back.*

Simplify your life.

We'll help you turn multiple payments into ***one*** that works for you.

Personal Loans lacapfcu.org/personal-loan

Disclosures on back.



Featured Rates

OTHER RATES AND TERMS ARE AVAILABLE. SEE ALL OF OUR RATES AT LACAPFCU.ORG.

New Vehicles
APR as low as
6.14%[1]
(67-75 mos.)

Real Estate
Visit lacapfcu.org for Rates

Personal Loan
APR as low as
11.49%[2]

Choice Checking
Earn
UP TO **6.25%** APY[3]

1. Auto Loans APR = Annual Percentage Rate. New Vehicle Loans are subject to approval. Membership is required and subject to approval. Membership requires $5.00 par balance in a primary savings account. New vehicle rates apply to model year 2021 and newer. Not everyone will qualify for the lowest rate available. Rate effective as of 12/1/24. Loan approval, rates, loan to value (LTV), and terms are based on certain credit criteria and worthiness. Model year, LTV, relationship discount(s), and adding payment protection may change the rate, payment, and term. Payment Example: A loan amount of $25,000 for 67 months at 6.14% APR has an estimated monthly payment of $441.75. The minimum auto loan amount is $7,500. Interest will continue to incur with any deferment of payment(s) during the life of the loan and may result in an increased APR for the statement cycle(s) of the deferred payments. Other restrictions may apply. Contact a La Cap representative for details. Rates subject to change.

2.Personal Loans APR = Annual Percentage Rate. Personal Loans are subject to approval. Membership is required and subject to approval. Membership requires $5.00 par balance in a primary savings account. 11.49% APR is the lowest rate available for the advertised product. Rate effective as of 12/1/24. Not everyone will qualify for the lowest rate available. Loan approval, rates, and terms are based on certain credit criteria and worthiness. Minimum loan amount is $1001.00. Loan approval, rates, and terms are based on certain credit criteria and worthiness not everyone will qualify for the lowest rate available. Payment Example: A loan amount of $9,000 for 48 months at 11.49% APR has an estimated monthly payment of $234.79. Adding payment protection may change the rate, payment, and term. Any deferment of payment(s) during the life of the loan may result in an increased APR for the statement cycle(s) of the deferred payments. Other restrictions may apply. Contact a La Cap representative for details.

3.Choice Checking La Cap Choice Checking is subject to approval. APY = Annual Percentage Yield and reflects that membership is required and subject to approval. Membership requires $5.00 par balance in a primary savings account. The minimum opening deposit required is $50.00. Rates are accurate as of Effective Date: 1/1/24 and subject to change without notice after account is opened. The Choice Checking is a tiered rate account Tier 1) Balances up to $10,000 earn an APY up to 6.25%; Tier 2) Balances $10,000.01 or greater earn an APY of 0.72%. To qualify for the stated high yields, you must have fifteen (15) debit card transactions with a minimum of $5.00 each, excluding ATM transactions, posted to your account before the end of the statement period. If the required debit card transactions do not post to your account before the end of the statement period, your entire account balance will earn 0.01% APY. A monthly low balance fee of $8.00 will be charged to the account when 1) the average daily balance falls below $1,000.00 anytime during the statement period; OR 2) 15 debit card transactions, excluding ATM transactions, do not post to the account by the end of the statement period. A monthly paper statement fee of $2.00 will be charged to the account unless 1) the account is enrolled to receive statements electronically, OR 2) the member is under 24 years of age. When you agree and consent to receive your statements electronically, you are eligible for a refund of ATM fees up to $25.00 charged for using an ATM not owned by La Capitol FCU. Dividends are calculated on a daily balance method, compounded, and credited monthly. The stated APYs are calculated using compounding dividends and are not guaranteed. Withdrawals will decrease the APY earned. La Cap reserves the right to limit the number of Choice Checking accounts per membership, joint or individually. Federally insured by NCUA.

Share Certificates APY = Annual Percentage Yield. La Capitol Certificate Accounts are term Share Accounts. The APY is fixed at the time you make the initial deposit to open or renew the account, and will not change during the term of the Certificate. The APY given above assume dividends remain in the account until maturity. A withdrawal of dividends will reduce earnings. Dividends earned are posted and compounded monthly unless otherwise paid, except for the 91-Day Account, to which earnings are posted at maturity. You may choose to have your earnings compounded in the Certificate Account, or transferred to your La Cap savings or checking account. Applicable fees and other conditions could reduce the earnings on your account. Substantial penalty for early withdrawal.

La Cap's 64th Annual Meeting

La Capitol Federal Credit Union will hold its 64th Annual Meeting on March 25, 2025, at 5:00 p.m. in the Baton Rouge Main Office. The Annual Meeting is an opportunity to meet with the elected members who serve voluntarily to represent you. The officials will present reports, and the operation of La Cap will be reviewed.

Nominations for maturing terms on the Board of Directors have been submitted by Nominating Committee members: Mark Drennen, Chairman of the Nominating Committee, President/CEO of Capital Area Finance Authority; Gary Hall, CFO, Fiscal Control Unit, Office of LA State Treasurer, retired; Susan Leake, La Capitol FCU President, retired; Jeff LeDuff, Board Liason. This committee serves a valuable function in selecting members who can fulfill the fiduciary duties of a La Cap official with knowledge and responsibility. The complexity of a financial institution such as La Cap increases every day, so it is important that knowledgeable and capable members be elected to provide meaningful service for the credit union.

The following members have been nominated for the Board of Directors:

Rodney Braxton *(three-year term)*
President, Southern Strategy Group. Mr. Braxton previously served as assistant chief of staff to former Gov. Murphy J. "Mike" Foster, associate commissioner of governmental relations for the Louisiana Board of Regents, undersecretary of the Louisiana Department of Labor, and the first executive director of the Louisiana Commission on Human Rights. He currently serves as Parliamentarian of the Malcolm Jenkins Foundation, on the North Baton Rouge Economic Development District Board of Directors, as chair on The East Baton Rouge Redevelopment Authority and as the chair of the Young Leaders Academy. Mr. Braxton has been a member of the La Capitol Federal Credit Union Board of Directors since 2017.

Terrence Ginn *(three-year term)*
Founder and Principal, Ideal Strategies. He served at the Louisiana Board of Regents in the role of Deputy Commissioner for Finance and Administration and as Associate Commissioner for Finance & Administration. Previously, he served as Director of Finance and Administration for the Office of the Governor, Fiscal Analyst for the LA House of Representatives, and State Budget Manager for the Division of Administration Office of Planning and Budget. Mr. Ginn has been a member of the La Capitol Federal Credit Union Board of Directors since 2018.

Cindy Rougeou *(three-year term)*
Executive Director, Louisiana State Employees' Retirement System (LASERS), retired. Ms. Rougeou has more than 30 years of state government experience. Before joining LASERS in 2002, she served as Deputy Director of the Louisiana Educational Television Authority and Undersecretary for Management and Finance for the Louisiana Department of State. She is past President of the Louisiana Association of Public Employees' Retirement System (LAPERS) and the National Association of State Retirement Administrators (NASRA). Ms. Rougeou has been a member of the La Capitol Federal Credit Union Board of Directors since 2012.

Nomination papers must be received at La Cap's main office in Baton Rouge no later than 5:00 p.m. CST on Thursday, Feb. 13, 2025. There will be no nominations from the floor at the Annual Meeting. Contact Michael Hooper, President and CEO, at La Cap's main office for details on the official procedure for submitting nominations.

La Capitol Federal Credit Privacy Notice
Federal law requires us to tell you how we collect, share, and protect your personal information. Our full Privacy Notice is available online at all times by visiting lacapfcu.org/privacy-notice. If you have any questions or concerns, please contact us at 800.522.2748.

Contact Information

Member Service Line
800.522.2748 or 225.342.5055
Available 24/7

TEL-a-Cap 24/7
800.835.2227 or 225.342.9123

Fax
800.297.2717 or 225.342.9135

Website
lacapfcu.org

2024-25 Officials

Michael Hooper, President/CEO

Board of Directors
Cindy Rougeou, *Chairman*
Jeff LeDuff, *Vice Chairman*
Beverly Hodges, *Treasurer*
Dana Vicknair, *Secretary*
Stephanie Blanchard, *Director*
Rodney Braxton, *Director*
Bonnie Brown, *Director*
Terrence Ginn, *Director*
Chris Keaton, *Director*
Clarence Lymon, *Director*
Ginger Moses, *Director*

Advisory Committee
Jacques Berry, *Member*
Trey Boudreaux, *Member*
Katherine Whitney, *Member*

Credit Review Committee
Judy London, *Member*
Aaron McGee, *Member*
Michael Hooper, *Member*
Amy Welch, *Member*

Supervisory Committee
Bob Harper, *Chairman*
Mary Ginn, *Vice Chairman*

Supervisory Committee
Pat Landry, *Member*
Ernest LeBlanc Jr., *Member*
Murphy Paul, *Member*

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