

From the Fund

In what seems like the blink of an eye, half the year has passed and winter has officially arrived. This is also flu season and with the Covid-19 pandemic still rife, we encourage our Pensioners to practise increased social distancing and avoid multiple trips to public spaces. Rather, plan your day so that you can stock up on essentials and renew scripts at the pharmacy all in one go. Government is also encouraging residents aged 60 and over to sign up for the Covid-19 vaccine. Read the article on page 2 for details on how to register.

While nobody likes being forced to stay home, spending more time indoors does not have to be dreary. Read our suggestions for indoor activities to keep you occupied from useful chair exercises to learning new skills (page 2). While you are at it, have a look at our recommended read from author Jonti Mayer, which includes an extract from his book *Conscious Manifestation* (page 3).

Just like people need special care and attention during the harsh winter months, so too do your houseplants. Try our simple tips to help your plants survive the cold weather (page 3), such as moving your plants to a warmer spot in the home. Of course, there is no warmer or more comforting spot in the home than next to a heated oven, which is why we have carefully selected two delicious winter recipes for you to try (page 4).

For those of you who missed the information on the special pension increase and lump sum payment in our previous issue, you can catch the notice again opposite, as well as important news on the Fund merger.

Recently, the Fund elected to keep communication electronic but should you prefer printed copies, please get in touch via email or telephone. Full contact details below.

Happy reading and stay safe!

THE TSDBF BOARD OF TRUSTEES

If you want to update your personal information, contact the Fund Administrator Centre on telephone: 0860 33 34 40 or email: MRA.TRDFDCS@momentum.co.za

Talk to us

Fund news



2021 Lump sum payments and special increase

As part of the class action settlement agreement between the Pensioners, Funds and Transnet, the Fund will be making its third and final lump sum payment of R10 000 in December 2021. In addition, the Fund will aim to provide a 7% special increase in August 2021.

TSDBF and Transnet Sub-Fund of the TPF merge

For future financial obligations to continue as per the settlement agreement, it was required that the Transnet Second Defined Benefit Fund (TSDBF) and Transnet Sub-fund of the Transport Pension Fund (TPF) merge. This process has been underway since the settlement agreement was made an order of court in 2020 and all Fund actuaries, legal advisers and investment consultants for both Funds have been hard at work putting together the ideal asset structure to ensure future liabilities are provided for. The Fund hoped that the merger would be complete by the end of the first quarter of 2021. However, while the financial merger is complete, the required rule amendments are in progress

to accommodate the new pension payout as per the settlement agreement.

Transnet Sub-fund merger with the TSDBF

Transnet Sub-fund and Transnet Second Defined Benefit Fund merger is ongoing. Finalisation of the required rule amendments to allow for the pension increases in accordance with the class action settlement agreement is in process and that investment exposures have been aligned in the meantime. Amendment of the Transnet Pension Fund Act as a Parliamentary process is anticipated to take place during 2022.

Connecting electronically with Pensioners

Due to the unforeseen effects of the Covid-19 pandemic, the Funds have taken a different approach in the way they communicate with Pensioners. The Fund will now send all Fund-related communications electronically, rather than printed hard copies of pay sheets and newsletters. Should you prefer this communication to be sent in hard copy, do let us know. Please send your email address and cellphone number to: MRA.TSDBFDCS@Momentum.co.za or call the toll-free line on 0860 33 34 40. Kindly spread the word to pensioners who lack the necessary electronic devices that the hard copies will be available on request and they can always update their contact details with the administrator.



TSDBF PENSIONER DATA as at 30 April 2020

Principal	10 827
Spouses	29 442
Children	114
Total	40 383

Registering for the Covid-19 vaccine

At the time of going to print, 470 000 South Africans had been fully vaccinated against Covid-19. As senior citizens, you are among the priority group of people eligible to receive the vaccine. This is what you need to know.



South Africa has already started the rollout of its national Covid-19 vaccine programme, which aims to vaccinate 40 million South Africans. The vaccine will be rolled out in three phases. It is expected that by the end of the final phase, 40 350 000 citizens would have been immunised.

On 17 May, the country moved into Phase 1B and Phase 2 of the vaccination rollout. Phase 1B will see healthcare workers who were not vaccinated in Phase 1 now receive the vaccine, while Phase 2 targets people aged 60 years and older. South Africa has received 975 780 Pfizer vaccines so far, and 1.3 million injections are expected to have been administered by the end of May 2021.

What process should senior citizens follow?

1. All South Africans aged 60 and above are encouraged to register on the electronic vaccination data system (EVDS) to secure an

- appointment.
2. Once you have registered, you will receive an SMS confirming the details of your appointment.
3. You will not be allowed to choose the type of vaccine you receive.

How to register:

- Visit the website: <https://vaccine.enroll.health.gov.za>
- Dial *134*832*IDNumber#
- WhatsApp the word REGISTER to 060 012 3456

You will need the following on hand:

- ID, passport or asylum seeker number.
- The location where you want to be vaccinated.
- If you belong to a medical aid, you will need the name of your provider and medical aid number.

ACTIVITIES

Staying indoors can be fun

Winter is here, which means we tend to spend more time indoors and less time outside. With the Covid-19 infection rates climbing daily and with flu season on our doorstep, there is even more reason to stay home. But being indoors does not have to be as boring as it sounds. Here are our recommendations for making this winter a fun one.

Dust off that old puzzle

Let's be honest; puzzles are fun at any age. For senior citizens however, the benefits extend beyond a fun factor. Studies show that solving jigsaw puzzles can keep senior minds sharp and can target the parts of the brain that deteriorate through neurological diseases such as Alzheimer's. You don't even have to go out and buy a new one – check through your storage cupboards for an old puzzle and get building. Throw in a board game and make it a family games night.

Learn a new skill

It is never too late to learn something new. Continuous learning is important, and many senior citizens are every bit as sharp as they were when they were young. Try learning a new skill with the person you live with. If you live with children or grandchildren, ask them to show you tutorial videos on YouTube. There are videos that will help teach you everything from knitting to home repair, or even learning the basics of a new language.



Bond over cooking time

As you get older, better nutrition matters more. Cooking is a great way to establish healthy habits and the perfect opportunity to catch up on the day with your loved ones. Try our delicious recipes on page 4.

Try chair exercises

Being indoors is no excuse to miss out on light exercise. Chair exercises are the perfect solution and are also effective for senior citizens who have mobility issues. Give these quick and easy exercises a try, regardless of your age or fitness level.



foot independently as you curl and straighten your toes. One at a time, roll each ankle to the outside 10 times, then one at a time, roll each ankle to the inside 10 times.

• **Single-leg calf raises:** Sitting tall in a chair with feet firmly on the ground about hip-distance apart, suck in your stomach and look straight ahead. Start with the right foot and lift your heel off the ground as high as you can, trying to raise up as high as you can on your toes, engaging the calf. Lower the heel back to the floor and repeat to complete a set of 10 repetitions. Repeat the movement and repetitions with the left leg.

• **Seated hip marches:** Sit tall on a chair with your feet flat on the floor, hip-distance apart. Grasp the edges or armrests of the chair with both hands and engage your stomach muscles to help keep your torso tall. Lift your right leg with your knee bent as high as you comfortably can, as though doing a high-knee march. Lower your right foot to the floor with control. Repeat on the opposite side.

• **Ankle and wrist rolls:** Sit tall on a chair so your back is straight up and not leaning against the chair. Flex your fingers, opening and closing your fists several times before making fists and rolling your wrists 10 times in each direction. Perform the same exercises with your feet. First, flex and point each

A manual for insight and inspiration

Author Jonti Mayer has been in corporate coaching and consulting in South Africa since 2000; empowering leaders to take themselves, their teams and their organisations to the next level. Now the wisdom, experience and insight Jonti has accumulated over the years, together with cutting-edge methodologies and exercises, as well as his own personal journey, are accessible to all in his latest book, *Conscious Manifestation*.

Never has the time been more perfect for a book that guides readers towards manifesting their dreams, desires, visions and goals. As we emerge from the most difficult year in living history and navigate through 2021, *Conscious Manifestation* is a tool to heal broken spirits and to invite abundance. It is a book for people who are on the quest for significance and accomplishment, and a bit of magic.

Here is an extract from the book:

"Whether you are a corporate leader, a business owner, an entrepreneur, or just an individual walking the earth, you are on this planet to master manifestation – whether you know it or not. Manifestation is not an overly esoteric topic, but rather a process that many of us are consciously or unconsciously attempting to master every day. It is the process of taking desire, a need, or an idea and turning it into a tangible reality.

Conscious manifestation is exciting. It activates our creativity and our

divine power.

The light bulb. The aeroplane. The cell phone. The iPad. The 3D printer. All magic.

Every successful business result has an element of magic and manifestation to it.

Behind every one of these achievements stood a magician of sorts, with a deep desire to do the seemingly impossible. They transformed and manifested their ideas and dreams into the realities we experience and take for granted today."



For more information or to purchase the book, visit the website: www.jontimayer.com

GREEN CORNER

Four top tips for ensuring your plants survive winter



Consider the negative effects the harsh winter cold has on our skin and hair; now think about how it could damage your fragile houseplants. Try these simple tips to help your plants make it through the winter months.

Even in a climate-controlled environment, indoor plants can still be affected by factors such as changing temperatures (from daytime heat to evening chill), dry air, short days and limited sunlight. You can make a few adjustments to help your houseplants survive.

1. Follow the sun

You may need to move your houseplants to a brighter spot in the house. A good spot would be a windowsill that remains sunny all day. Rotate the pots when you water the plants. This ensures

all sides of the plant get some sun and grow evenly, rather than some branches stretching to reach the light.

2. Cut back on fertilizer

Because your plants are barely growing, they don't need any fertilizer. Feeding them during winter will just upset their natural cycle, so wait until early spring. Also wait until the growing season starts before you re-pot them. Consider winter an off-season for your houseplants and let them rest.

3. Temperature control

Avoid placing plants near cold drafts or heat sources. In very cold regions, if windows frost overnight, move plants away from windows at sunset.

4. Watch the water

The most common problem houseplants suffer from in winter is overwatering. About 95% of houseplants need soil to dry out

almost completely before watering. How to tell if your houseplant needs water: do not just spot test the soil surface. Plants need water when the root zone is dry. Poke your finger into the soil. If the soil is dry, water. You can also lift the pot as soil is lighter when dry.

Good to know

Houseplants help you to breathe easier; they release water which increases humidity and purifies the air. Some of the best indoor plants include the spider plant, snake plant, dragon tree, gerbera daisy, Boston fern, peace lily and philodendron.



Ready, set, cook



As the cold months settle in, there's no warmer nor more comforting a spot in the home than next to a heated oven. Try this delicious steak pasta bake from Fatima Sydow's book *Fatima Sydow Cooks* (retails at R360). Fatima is a cook and former caterer. She and her twin sister, Gadija, have their own cooking show on Via (DStv 147) called *Kaap, kerrie & koesisters*.

Then, to satisfy your sweet craving, bake these delectable cookies for dessert from Faaiza Omar's book *My Sweet Life* (retails at R450). Faaiza is a self-taught baker who is passionate about baking all things deliciously sweet, inspired by flavours from Paris to Peru.



Steak mince pasta bake

SERVES 6–8

“My best friend Robin Swain was the first person to taste this dish when I originally made it about 20 years ago (he has been one of my taste testers for

decades). His reaction was priceless, and since then he has requested it for his birthday every year without fail. So the tradition has been kept alive and is as strong as our friendship... friends for life.” – Fatima Sydow

INGREDIENTS

- Steak mince
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 4 chillies, chopped (optional)
- 4 cloves garlic, chopped
- 1kg steak mince
- salt and black pepper, to taste
- 115g tomato paste
- 1 teaspoon mixed herbs
- ½ teaspoon dried parsley
- 3–4 tablespoons sugar

WHITE SAUCE

- 50g butter
- salt and pepper, to taste
- 1 teaspoon English mustard
- 1 tablespoon cornflour
- 500ml milk, warmed

PASTA

- 3 cups uncooked elbow macaroni
- 1 cup Cheddar cheese, grated

TOPPING

- 4 cups Cheddar cheese, grated
- Handful of cherry tomatoes, cut in half
- 1 cup red or yellow bell pepper, seeded and chopped
- Freshly ground black pepper, to taste
- Pinch of dried mixed herbs
- Pinch of dried parsley

METHOD

1. For the steak mince: Heat the olive oil in a pan over medium heat, add the onion, chillies and garlic and sweat the onions for about 5 minutes. Add the mince and cook until brown. Add the salt and pepper and cook for another 20 minutes, adding a little water as necessary to ensure it does not burn.
2. Next, add the remaining ingredients and 250ml (1 cup) water and cook on medium heat for 10 to 15 minutes, adding a little more water as necessary.
3. For the white sauce: In a saucepan over medium heat, melt the butter, then add the salt and pepper and English mustard. In a separate bowl, whisk together the cornflour mixed with 125ml warm milk.
4. Pour the milk mixture into the melted butter and, with a hand whisk, whisk for 1 to 2 minutes to allow the flour to cook through. Now add the rest of the milk, stirring continuously until the sauce thickens. Remove from the heat and set aside.
5. For the pasta: Cook the pasta as per the packet instructions to al dente. Add to the mince mixture with the Cheddar cheese and mix through. Transfer to an ovenproof dish.

Pour over the white sauce and sprinkle with grated cheese, cherry tomatoes, bell peppers, black pepper, dried mixed herbs and parsley. Bake in a preheated oven of 180°C for 35 minutes. Serve with a fresh salad.

Alfajores

SERVES 35–40 cookies

“I first discovered these melt-in-your-mouth traditional Peruvian caramel cookies in Lima, Peru and of course, I had to learn how to make them. Alfajores are soft, delicate cookies made with a combination of cake flour and cornflour. The cornflour adds a tender crumb to the cookie dough, making them that much more delectable!” – Faaiza Omar

COOKIE DOUGH

- 150g cake flour
- 150g cornflour
- 1 teaspoon baking powder
- 200g butter, softened
- 50g icing sugar
- 1 egg
- 1½ tsp vanilla essence



DULCE DE LECHE CREAM

- 50g butter, softened
- 200g dulce de leche (see page 6)

TO DECORATE

- Desiccated coconut, as desired
- Icing sugar, sifted

METHOD

1. To make the cookie dough: sift the cake flour, cornflour and baking powder in a bowl and set aside.
2. In the bowl of a stand mixer fitted with a paddle attachment, combine the butter and icing sugar until pale and creamy.
3. Add the sifted dry ingredients to the butter-icing sugar mixture, then add the egg and vanilla essence, and combine well to form a dough.
4. Divide the dough into two parts and roll it out to a thickness of 3mm. It is best to roll the dough between baking paper to avoid any sticking. Refrigerate the rolled-out dough between the baking paper for about 30 minutes.
5. Line a baking tray with baking paper. Remove the dough from the fridge and place it on a work surface. Remove the top sheet of the baking paper from the dough. With a floured 4cm round cookie cutter, cut out the cookies and carefully place them onto the lined baking tray. Place the tray in the oven and bake in a preheated oven at 170°C for about 8–10 minutes. The cookies should stay white and not turn brown. Remove the tray from the oven and place the cookies on a wire rack to cool.
6. For the dulce de leche cream: place the butter in a bowl. Use an electric hand mixer to beat the butter until pale and creamy. Combine with the dulce de leche and set aside until needed.
7. To assemble, sandwich the dulce de leche cream between the undersides of 2 cookie bases. Roll the sides of the cookie sandwich in the desiccated coconut, dust the top with icing sugar and set aside. Repeat these steps with the remaining cookies and dulce de leche cream.

