

## From the Fund

### Welcome Note

Happy 2021 to all our readers! March marks one year since South Africa entered into lockdown to curb the spread of the Covid-19 pandemic. Since 2020, our country has gone through two waves of infection, which resulted in tens of thousands of people succumbing to the virus. However, thanks to the efforts of our frontline workers, millions have recovered from the virus.

To demonstrate his confidence in the recently acquired Johnson & Johnson vaccine and to allay any fears from the public, President Cyril Ramaphosa received his dose on 17 February 2021. To obtain population immunity – also known as herd immunity – South Africa is aiming to vaccinate 67% of the population (40 million people) and the Department of Health aims to meet this target by the end of this year. At the time of writing this note, more than 56 000 healthcare workers have already received the Covid-19 vaccine – a step forward for our beautiful country.

We kick off this issue of *Indaba* with some important information on lump sum payments and special increases, and details of the merger between TSDBF and the Transnet Sub-Fund of the Transport Pension Fund (page 1).

If you didn't notice it in our previous issue, we have added a Green Corner where we will share useful tips and updates around home gardens and plants. In this issue, we invite you to create a bee-friendly garden and join the #PolliNationSA movement, dedicated to raising awareness around bees and their important role in our eco-system (page 3). We have also included a handy checklist that will help you prepare your home for the unpredictable upcoming winter months (page 2).

We have also included an extract from our recommended read *Six Years With Al Qaeda*, which tells the story of South African Stephen McGown who was kidnapped in Timbuktu by Al Qaeda and held captive for almost six years, making him Al Qaeda's longest held prisoner (page 3). Of course, this issue wouldn't be complete without some delicious recipes for you to try this Easter (page 4).

We urge all our Pensioners to continue to stay safe. Remember to mask up, sanitise, wash your hands regularly, and practice social distancing.

Please look out for the notification on page 1 about our electronic communication and ensure that your contact details are updated.

Happy reading.

### 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.TSDBFDOCS@momentum.co.za](mailto:MRA.TSDBFDOCS@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 lump sum payment of R10 000 in December 2021. In addition, the Fund will pursue to provide an affordable 7% special increase in August 2021.

### TPF Transnet Sub-Fund merges to form part of the TSDBF

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. The process has been underway since the settlement agreement was made an order of court in 2020.

The financial merger will be completed by the end of the first quarter, but the changes pertaining to the Transport Pension Fund Act will take a while as that needs to go through Parliament.

### Connecting electronically with Pensioners

Due to the unforeseen effects of the Covid-19 pandemic, the Funds have taken a different strategy in terms of the way they communicate to Pensioners moving forward. The Fund will now send all Fund-related communications, where possible, electronically, rather than printed hard copies of pay sheets and newsletters.

Please send us your email address and cellphone number to: **MRA.TSDBFDOCS@Momentum.co.za** or call the toll-free line on **0860 33 34 40**.



### Pension increases above statutory 2% approved

In the interest of its Pensioners, the TSDBF Board of Trustees proposed a rule amendment to the relevant ministers and the employer to grant increases to Pensioners in excess of 2%. This rule was successfully approved by the Ministers of Finance and Public Enterprises and published in the Government Gazette on 3 July 2020.



### Pensioner statistics

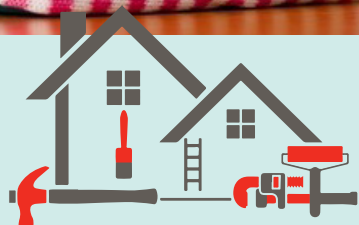
**As at 31 December 2020, the TSDBF Fund had:**

Principal Pensioners: 11 219  
Spouse Pensioners: 29 956  
Child Beneficiaries: 115





## Be prepared for winter



With winter practically around the corner, we have five easy tips to prepare your home for unpredictable weather conditions. Planning ahead before winter sets in can help save you costly renovations.

**1 Check gutters and drainage**  
Winter brings heavy rainfall to many parts of our country, so clearing your gutters and drainage systems can save you from a damaged roof as clogged gutters tend to overflow. Once you are done with this, make sure to check all other drainage systems so that when the rain comes, water flows easily and away from your house.



**2 Get a home generator**  
We are living in times of loadshedding and cold winter nights are not pleasant. Consider investing in a home generator to power up the lights when loadshedding hits in the evenings. You can purchase one from Takealot, Builders Warehouse, Makro and many other hardware stores at various prices to suit your budget.



**3 Seal leaks on doors and windows**  
Open and close all windows and doors and, when closing, carefully examine them for gaps in between the seals. Getting a weather strip for these gaps is your best option, especially when you're not planning on replacing your doors and/or windows anytime soon. Weather strips can last a long time depending on the type. It is best to ask a sales representative at your nearest hardware store for reliable and effective options.

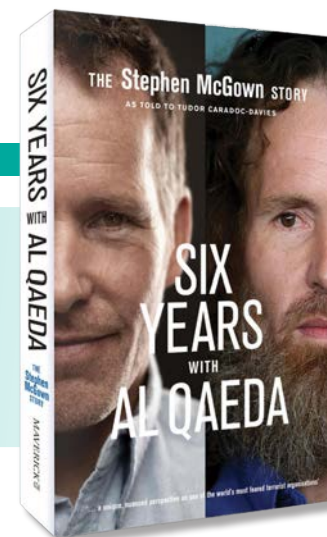


**4 Repaint your walls**  
Repainting your home not only keeps it looking beautiful, but also prevents cracks. If a small area needs to be retouched, do so now as small cracks grow into bigger ones. You may end up repainting the entire house later.

**5 Trim trees**  
As much as we love our trees and they play an important role in helping to stop climate change, overgrown trees can also be harmful to your property as they can fall over during harsh winter winds. Trim your trees back to a manageable size and you can leave them to grow out again in warmer seasons.

## Six Years With Al Qaeda

In 2011, while riding his motorbike through Mali on his way home from London to Johannesburg, Stephen McGown was kidnapped in Timbuktu by Al Qaeda. He was held captive for almost six years, giving him the unenviable record of Al Qaeda's longest-held prisoner. In the book *Six Years With Al Qaeda – The Stephen McGown Story*, Steve's wife, Cath, also shares her experience during the ordeal. Below is an extract from her chapter.



"All this was new to me. I didn't know many people who had been kidnapped. I knew of the Chandlers, and little Maddie McCann, of course, but that was a child kidnapping.

This was Al Qaeda, a force to be reckoned with. I had been in London at the time of the bus and tube station blasts in July 2005, but other than that Al Qaeda and the associated Iraq and Afghanistan wars were far removed from my thoughts. I felt safe in London. It was where I met Steve. The rest of my time in London was rushed. I had to finish packing, among all of the emails and phone calls that I

was receiving. I slept on a few more couches, prayed more, cried more. I was blessed to have so many friends who were happy to help me out. By the time I left the UK, the

British government officials I was dealing with said that the chances of Al Qaeda calling were slim now that a week had passed. I remember the first fight Steve and I had after we got engaged. It was New Year's Eve, our first one together. For me, celebrations are important and should be shared. They were not as important to Steve. I would continue to celebrate his birthday when he was away

as well as our wedding anniversaries. That is just the way my family is. I realised that I was going to go back to South Africa and would spend a lot of time with Steve's parents, who I did not know well at that stage. I had only met them on a few occasions."

For more information on the book and to order your copy, visit [www.dailymaverick.co.za/six-years-with-al-qaeda/](http://www.dailymaverick.co.za/six-years-with-al-qaeda/)

## Join the PolliNation movement



There's no time like the present to create a bee-friendly garden. Embrace this experience by joining Candide's #PolliNationSA movement, which encourages gardeners to plant flowers, vegetables, herbs, fruit and trees for bees. A free gardening app, Candide is the place where green enthusiasts will find all the information they need to create a bee-friendly garden, as well as inspiration and knowledge about all things plant- and garden-related.

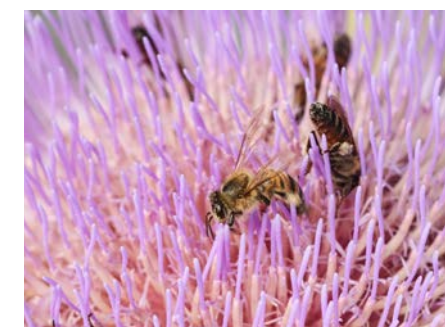
Candide's #PolliNationSA movement is dedicated to raising awareness around bees, their needs, and what we can do as gardeners to create a sustainable environment for them. As VIPs (very important pollinators) in the garden, bees are the focus of Candide's #PolliNationSA initiative.

"There's an extensive list of bee-friendly plants and flowers in the Knowledge tab on the Candide app. Group flowers and plants of the same type and colour together so that bees can

easily find them," explains Candide Market Lead, Shani Krige.

**Consider these ideas for your bee-friendly garden:**

1. Allow vegetables and herbs to flower by adding a few extra plants or seeds. Bees love the flowers of rocket, fennel, and carrot to name a few.
2. Be diverse. Plant as many different flowering herbs, plants, shrubs, and trees as possible. The more diverse you can plant, the better.
3. Just like humans, bees need water. Make sure your garden has one or a few water sources that are friendly to bees. They need to have a place to sit where they can reach the water, so consider placing a large rock inside your birdbath or fill a shallow tray with pebbles.
4. Avoid pesticides and chemicals as they are not good for bees. Rather try natural ways of fighting off pests like neem oil, soap, garlic, and Epsom salts.



To discover more bee-friendly plants for early Spring and for more information on the #PolliNationSA movement, visit the Candide app or website: <https://candidegardening.com/ZA>







# Easter feast

## Hot cross buns

For Easter, Lanzerac's executive chef Stephen Fraser shares his hot cross bun recipe. Serves 12, with preparation time of 1 hour 55 minutes and cooking time of 25 minutes.

### INGREDIENTS

#### BUNS

- 1 tablespoon (9g) dry yeast
- 100g castor sugar
- 375ml milk
- 650g bread flour
- 2 teaspoons of cinnamon
- 2 teaspoons of allspice
- ½ teaspoon of salt
- 240g sultanas or raisins
- Zest of 1-2 oranges
- 50g melted butter
- 1 large egg

#### CROSS

- ½ cup flour
- 5 tablespoons of water

#### GLAZE

- 1 tablespoon apricot jam
- 2 teaspoons of water

#### METHOD

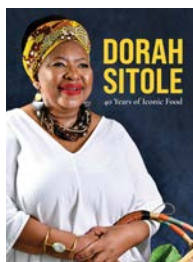
Put the yeast along with 2 teaspoons of sugar in a mixing bowl. Heat the milk until it's lukewarm and add to the mixing bowl. Leave for 5 to 10 minutes until the mix begins to bubble. Add in all the remaining ingredients, starting with the flour, and mix together. Lightly dust a work surface with flour and knead by hand for 10 minutes or until smooth. Leave the dough in a bowl, cover with a clean, damp tea towel and place in a warm place to rise and double in size. This will take anywhere between 30 minutes to 1 ½ hours.

Line your baking tray with baking paper. Remove the tea towel and press the dough to deflate it. Dust the work surface with flour, place dough on the surface, knead lightly and shape into a log. Cut into 12 equal pieces. Push flat with your palm and gather into a ball with your fingers. Finish by rolling to make sure it's a round smooth ball. Place the buns smooth side up on the tray in four rows of 3. Cover with lightly oiled cling wrap.

Place the tray in a warm place and leave for 30 to 45 minutes until the dough has risen and almost doubled in size. About 20 minutes in, preheat the oven to 180°C.

To make the crosses, mix the flour with the water until it's a runny paste. Spoon the mix into a piping bag. Remove the cling wrap and pipe crosses on top of the buns. Bake the buns for 20 to 23 minutes or until deep golden brown in colour.

To make the glaze, put the jam and the water in a small microwavable dish and microwave for 30 seconds to a minute. When the buns are ready, remove from the oven and, while they are hot, brush over the glaze. Place the buns on a cooling rack and leave to cool for 15 minutes before serving.



## Deep-fried whole fish

This Easter take a different approach to the fish meal. Taken from the late Dorah Sitole's book *40 Years of Iconic Food* is the deep-fried whole fish:

Galilee style. She came across this dish during her travels to Israel. The meal serves four people.

### INGREDIENTS

- 2 x 750g each whole fish, gutted and cleaned.
- ¼ cup of salt, divided
- ½ cup of cake wheat flour
- 4 cups of sunflower oil
- 3 medium lemons, halved

### SPICE RUB

- ¼ cup of flat-leaf parsley, chopped
- 5 gloves garlic, finely chopped
- 1 long chilli or jalapeño, seeded and chopped
- 2 tablespoons of olive oil
- 2 tablespoons of fresh lemon juice
- 1 tablespoon of coarse salt



- 2 tablespoons of black pepper, freshly ground
- 1 teaspoon of cumin seeds
- 1 teaspoon of smoked paprika

### METHOD

Rub the fish all over with ¼ cup of salt, massaging it into the skin and cavities. Allow to stand for 30 minutes. Rinse under cold water and pat dry.

To make the spice rub, combine the parsley, garlic, chilli, olive oil, lemon juice, salt, black pepper, cumin and paprika in a small food processor. Pulse to a coarse paste and set aside. Make three deep cuts along the length of each side of the fish. Rub 1 tablespoon of spice rub on the outside of each fish, pushing it into the slits.

Line a baking sheet with wax paper. Pour the flour into a large plate. Dredge each fish in the flour to coat on all sides; push a little flour into the cuts and cavities. Shake off any excess flour and transfer the fish to the baking sheet.

Heat the oil in a large, heavy-based frying pan or shallow pot. Add one or both fish without crowding and fry for about 6 minutes, turning once until golden brown on both sides. Do not move the fish until the underside is golden brown or the skin will stick to the pot.

Transfer the fish to a paper towel-lined platter. Serve warm with lemon wedges, a green salad and tabbouleh in warm pita bread.

### TABBOULEH INGREDIENTS

- 1 cup bulgur wheat
- 1 ½ cups boiling water
- ¼ cup lemon juice (2 lemons), freshly squeezed
- ¼ cup olive oil
- 3 teaspoons salt
- 1 bunch spring onions, white and green parts chopped
- 1 cup fresh mint leaves, chopped
- 1 cup flat-leaf parsley, chopped
- ½ English cucumber, unpeeled, seeded and diced
- 300g cherry tomatoes, cut in half
- 1 teaspoon black pepper, freshly ground

### METHOD

Place the bulgur in a large bowl, pour in the boiling water and the add lemon juice, olive oil and 1 teaspoon of salt. Stir and allow to stand at room temperature for about an hour.

Add spring onions, mint, parsley, cucumber, tomatoes, 2 teaspoons of salt and the pepper, and mix well.

