

Welcome note

Mzansi has officially bid farewell to the winter blues, as parts of the country have started to warm up. Spring is in the air and with it the promise of new beginnings. Flowers are in full bloom. Birds chirp at sunrise. The onset of longer evenings is here.

This is also a time for reflection, and now is as good a time as any to take stock of everything we have to be thankful for. In a world that suffered through the Covid-19 pandemic, we should be grateful for our health and wellbeing. We are no longer confined to our homes and get to enjoy gatherings with family and friends, building bonds and creating wonderful memories together.

It won't be long before shopping malls and attractions all over the country are adorned with festive lights and decorations as we make plans for Christmas and New Year's celebrations.

As the seasons change, we will continue to have the best interest of our Pensioners at heart. You can rest assured knowing that the Fund will always put the needs of its members first.

Happy reading!

Board of Trustees for the Transnet Second Defined Benefit Fund

Fund news



TSDBF Pensioner election

The Transnet Second Defined Benefit Fund Board has appointed Election Works as the Independent Electoral Officer, to conduct the elections to appoint the four pensioner-elected Trustees. Election Works will shortly be communicating with you, regarding the nomination and election process, which will be conducted in hard copy and other electronic methods of communication.

We urge everyone to take part in the election and to nominate and vote for individuals whom you feel will contribute positively to the management of the Fund.

We would also like to urge you to provide Verso, the Fund's Administrators, with your updated contact information to facilitate this process effectively.

Pensioner discounts to enjoy around beautiful SA
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Find an activity that is right for you

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Homegrown just tastes better
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Say hello to Spring with these delicious recipes
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If you want to update your personal information, contact the new Fund Administrator Centre on telephone: Share Call 087 330 1295 or email: info@TSDBF.net

Talk to us

TSDBF RULE RECAP

RULE 5: BOARD OF TRUSTEES



(1) The Board of Trustees shall comprise four Trustees and their alternates appointed by Transnet, and four Trustees to be elected and appointed by the Pensioners, Dependants and Special Pensioners from among the Pensioners in accordance with rule 32 ('Pensioner-elected Trustees').

(2) The Board of Trustees shall control the Fund.

(3) The Board shall, based on criteria determined by the Board, appoint a chairperson for the Board who shall not be a Trustee.

(3 a) For a period of 48 months, with the option to extend the term for no longer than a further 48 months.

(4) Subject to there being sufficient members to form a quorum as laid down in rule 7 (point 5), the Board of Trustees shall be entitled to function, notwithstanding the existence of any vacancy.

(5) The duty of the Chairperson, members of the Board of Trustees, and their alternates towards the Fund shall be of a fiduciary nature and they shall, when acting in such capacities, act only in the interests of the Fund, to the exclusion of all other considerations or objectives. The Chairperson, members of the Board of Trustees, and their alternates shall also act in good faith towards all of the stakeholders in the Fund, including Pensioners, Beneficiaries, Special Pensioners and Transnet.

(6) The members of the Board of Trustees shall conduct themselves, at meetings of the Board, in a responsible manner that is in harmony with their status as members of that Board. Should a member of the Board act in breach of this requirement, the Board may, by a majority vote of at least two thirds of the members of the Board of Trustees present at the meeting at which such breach occurs, require the person concerned to leave the meeting or take such other decision or action as may, in the circumstances, be necessary.

TRAVEL

We really
love
this place



Explore
SA

South Africa's reputation as a destination that offers such a wide variety of breathtaking experiences throughout the year continues to bring more and more visitors from outside the country. And, of course, there's also the many pensioner discounts available.



CAPE TOWN

out to the V&A Waterfront with your valid SA green, barcoded ID or Smart ID. You're driving, the **V&A Waterfront** offers free parking to all SA pensioners at the Portwood undercover parking lot. From there, cross over to the **Two Oceans Aquarium** where you can purchase tickets at the pensioner's price of R175. Be sure to bring your camera to snap pictures of sharks, penguins and other underwater creatures.

You can also take in the view from the **Cape Wheel**, priced at R75 for pensioners on Tuesdays from 10am to 6pm. Just sit back and relax as you take in the spectacular view of the harbour, mountain, and the city bowl.

With a discounted rate of R75 per pensioner, the **World of Birds** in Hout Bay is a magical place. You can get there from Stop 22 on the Blue Route of the City Sightseeing bus. Hundreds of species of birds and a number of mammals call the park home, and you can get up close and personal with many of them, including adorable Squirrel Monkeys that aren't too shy to climb all over you! (citysightseeing.co.za/en/cape-town/pensioners-can-explore-cape-town-for-less-with-city-sightseeing)



DURBAN

aboard the **Ricksha Bus** for a scenic overview of a range of Durban's major attractions. There are two Ricksha Bus tours a day, seven days a week. The Ricksha Bus follows a route through just about the whole of central Durban, taking in the **Victoria Street Market**, **Francis Farewell Square**, beachfront, **the Berea**, **Florida Road**, **Mitchell Park**, **Morningside**, **the Cube viewpoint**, **Wilson's Wharf** and the city centre. Pensioners enjoy a 50% discount on the full adult fare (visitdurban.travel/destination/ricksha-bus-city-tour). **The Durban Botanic Gardens** is a living library of plants and comprises of 15 hectares with paved walkways.

Take a 30- or 60-minute golf cart tour of the Gardens with a professional guide. It is a very informative and educational way to experience the Gardens, with discounted rates offered for pensioners. A percentage of the proceeds goes towards the Durban Botanic Gardens Trust. Available Monday to Sunday from 8am to 4pm (durbanbotanicgardens.org.za/visit/what-to-do-and-see).

JOHANNESBURG

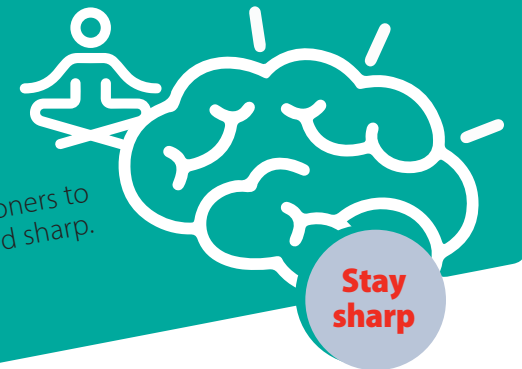


Take in the sights and sounds of bustling Johannesburg with a red bus tour. Visit the **City Sightseeing** office for a special pensioner's discount of R175, which will entitle you to a tour along both the Green Suburbs and Red City Tour (valid on all operational days only). Hop on their Johannesburg Green Tour at the main departure point in Rosebank and explore the leafy suburbs around Zoo Lake, stopping at all top attractions, including **Zoo Lake**, **Johannesburg Zoo** and the **Military Museum**, before reaching **Constitution Hill**. Change here to the Red City Tour and continue your journey around the inner city visiting the **James Hall**

Museum of Transport, **Gold Reef City Theme Park** and the **Apartheid Museum** before returning to Constitution Hill via **Newtown** and ultimately back to Rosebank. You will soon see why Joburg is not only considered Africa's economic playground, but also one of the most wooded cities in the world. (citysightseeing.co.za/en/joburg/pensioner-s-deals)

Keep your body & mind active

There are many activities suitable for pensioners to help keep your body healthy and your mind sharp.



A LITTLE COMPETITION

Indulge your inner child by playing games. From traditional card games and board games to modern games played on games consoles or smartphones, you can play just as much as your grandchildren. Our top picks include trivia games, Sudoku, word puzzles, bingo, chess, jigsaw puzzles, cards, solitaire and Scrabble. For consoles, try the Nintendo Wii.

STRETCH IT OUT

Chair yoga is a low-impact exercise that improves muscle strength, mobility, balance and flexibility – all while being really fun! This form of yoga is excellent for older adults as it puts less strain on muscles, joints and bones than conventional forms of yoga. Check out 'Chair yoga stretch for beginners and pensioners' on YouTube and get started.

GET CREATIVE

Let your creative juices flow with an art class or buy the supplies and turn a corner in your home into a mini art studio. From sculpting and modelling to life drawing, sketching and painting, there are so many different ways to get creative. What's more, painting and drawing can also be very therapeutic.



PUTTING ON YOUR DANCING SHOES

Older adults enjoy dancing just as much as young people and with lots of different types to try, you will easily find styles of dance that suit people with reduced mobility or stamina. Swing dancing, ballroom dancing or ballet are great for mobility and mental health and give older people a chance to make new friends. Care homes and local community groups usually offer at least one type of dance, so be brave and give it a try. You could soon be an expert at the hand jive, the Charleston, and the cha-cha-cha.



GREEN CORNER

Tips on growing summer vegetables

Fresh
pick

Spring has sprung and it's time to pack away your winter clothes and enjoy the fresh outdoors. Here are some activities you do without having to leave your home.

Green beans

Green beans are one of the easiest vegetables to grow and can be done anytime from late September to October. Although beans are a summer crop, which can take a lot of heat, they dislike extremely hot dry conditions, so it is important to water your beans regularly, especially during the flowering and pod setting time. Keep the soil moist but not saturated, and do not allow it to dry out.

Beetroot

Beetroot is an intermediate to warm season crop but can be grown almost throughout the year in South Africa. Beetroot loves sun and requires good soil preparation. All hard clumps of soil should be broken down and stones removed. It needs to grow quickly and be ready to harvest within eight to 10 weeks, depending on the variety. To speed up germination, soak the seed overnight in water before sowing. Because seedlings do not always transplant well, it is best to sow the seed directly into your beds, in shallow furrows about 3 cm deep. Each beetroot seed is actually a cluster of up to five seeds, so it is essential that you thin out the crop when the seedlings are about 5 cm high, by gently tugging out the extra seedling in the clump. Always keep the soil moist but not saturated, because a sudden lack of water can spoil the quality of the crop.

Cucumbers

Cucumbers are fast growing and should be planted up a trellis. Tie up the stems as they grow and encourage them to bush by pinching out the growing tips when the plants have six true leaves. Once they reach the top of the trellis, pinch out the growing tips again, and continually pinch back very long side shoots to encourage more fruiting. Cucumbers love good air circulation around their leaves and require well-prepared beds. Water your plants regularly, as a lack of moisture can lead to poor flower production and wilting of the leaves. Depending on the variety grown, cucumbers will be ready to harvest in about eight to 10 weeks.



Tropical delights



Nothing bids farewell to winter than tropical fruits. Try one of these recipes to welcome Spring into your kitchen.



Mango salsa

BY RENE DENNIS

This mango salsa is our favourite salad. I served it with crispy deep-fried whole mullet, deep-fried cuttlefish tentacles and mango chutney and it complemented the dish perfectly. Mullet tastes similar to Red Roman. I love the delicately flavoured flesh of the mullet and prefer it to the local favourite, the Seer fish, which tastes similar to yellowtail. I buy a size that fits my pan and the mullet is just so much better whole. I simply dusted the mullet and tentacles with a mixture of flour, fish masala, paprika and salt and deep fried it for 5 minutes a side.

Here's the recipe for my mango salsa.

INGREDIENTS

- 2 ripe mangoes, diced
- 2 tomatoes, diced
- ½ green pepper, diced
- A handful coriander, chopped
- ½ tsp (5 ml) paprika
- 1 small onion, diced

METHOD

Toss all the ingredients together. Drizzle with a French salad dressing (I made mine with apple cider vinegar, coconut oil and honey).

Pineapple upside-down cake

BY ROBIN HILL

I have a few recipes on my Instagram page @cookingitwithrob. Feel free to follow and try the recipes out in your own kitchen.

INGREDIENTS

- butter (for greasing)
- 2 tbsp (30 ml) brown sugar
- 2 x 440 g cans pineapple rings in juice, plus 3 tbsp (15 ml) of the juice
- 11 glacé cherries
- 100 g (½ cup + 2tbsp) plain flour
- 1 tsp (5 ml) baking powder
- ¼ tsp (1 ml) bicarbonate of soda
- 100 g (¾ cup + 3 tbsp) soft butter
- 100 g (½ cup) caster sugar
- 2 large eggs
- 1 tsp (5 ml) vanilla essence

METHOD

Preheat the oven to 180°C with fan. Grease an ovenproof dish (24 cm wide at the top and 20 cm diameter at the bottom) or use a 23 cm cake tin (neither loose-bottomed nor springform).

Sprinkle the brown sugar on top of the greased base, and arrange the pineapple slices to make a circular pattern. Fill each pineapple ring with a glacé cherry, and place one cherry in each of the spaces in between.

Put the flour, baking powder, bicarbonate of soda, butter, caster sugar and eggs into a food processor and mix until the batter is smooth. Pour in the 3 tablespoons of pineapple juice to thin it a little.



it, so spread it out gently.

Bake for 30 minutes. Remove from the oven, and let it stand for approximately 5–10 minutes. Ease a spatula around the edge of the tin, place a plate on top and, with one move, turn it upside down. The cake can be served warm or cold.

Papaya smoothie

BY MAYGENE DE WEE

When there are days of indulgent eating on the horizon, I make a conscious decision to try and eat as healthily as possible in the days leading up to it. I would have a meal-replacement smoothie or two per day. This is one of my recipes.

INGREDIENTS

- ½ papaya, peeled and cut in pieces
- ½ lemon, juiced
- ½ lemon, peeled and cut in pieces
- handful cucumber slices
- thumb-sized ginger, peeled and grated (if you like to taste the ginger, add more)
- thumb-sized turmeric root, peeled and grated (optional)
- 5 blocks ice
- 1 cup (250 ml) water

