TRANSNET SECOND DEFINED BENEFIT FUND

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PUBLICATION FOR THE TRANSNET SECOND DEFINED BENEFIT FUND

IMPORTANT

IT IS UP TO YOU TO KEEP US UP TO DATE!

The Transnet Second Defined Benefit Fund wants to communicate with you regularly about your pension benefit, important industry and Fund developments, and so much more. It is however very difficult for the Fund to do so if we do not have your most updated contact information.

It is therefore imperative that you continue to ensure that you provide your most recent contact information and nominated beneficiaries to make the most of all that the Fund has to offer. This can be done by updating your contact information by registering on the Member Portal:

VERSO Website: https://tsdbf.net
Email: info@tsdbf.net
Call Centre: 021 943 5310
Share Call: 087 330 1295
WhatsApp: 076 796 2826 (from 08h00 to 16h00)
USSD: *120*559#

Welcome

Dear Pensioners

We hope this finds you in good health as we move out of the colder months. Our latest edition contains some important updates and reminders, and some informative articles that we hope you will enjoy reading. In our Fund news section, we strongly remind all pensioners to provide the Fund with their current certificate of existence. Find out more about this, and why it is so important, on page 3.

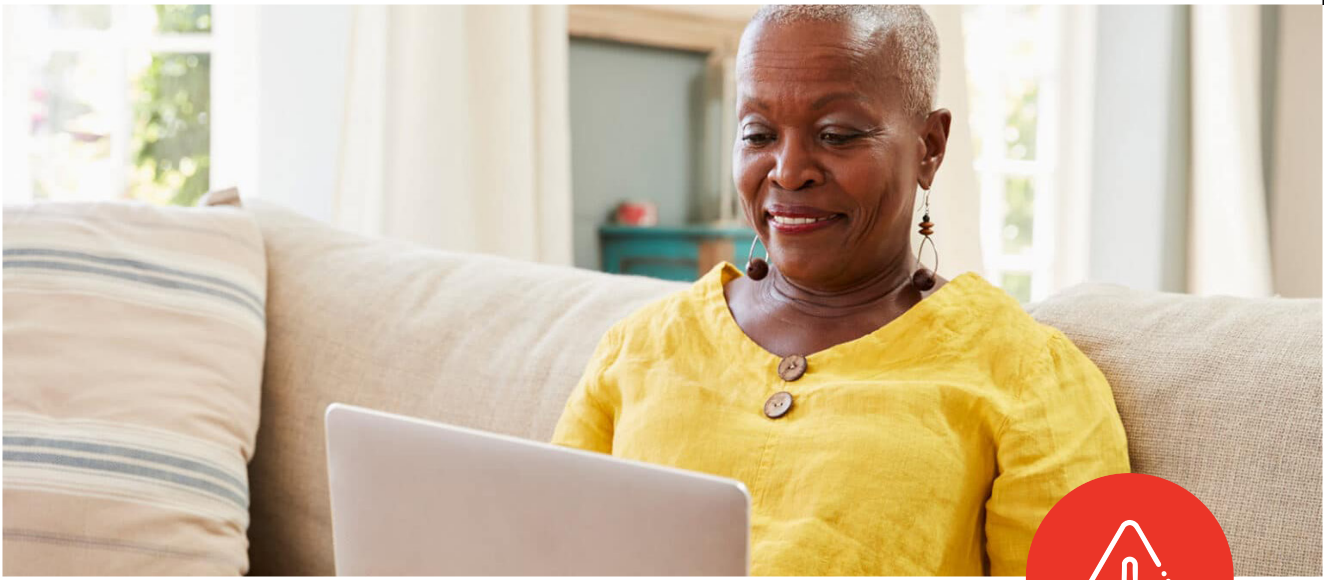
On a more upbeat note, we encourage all our pensioners to make the most of the coming warmer months. Spring can be a time to embrace holistic well-being by nurturing your body, mind, and spirit. Here's to staying active, eating well, and nurturing our mental wellbeing.

Enjoy the read.

Contact the Transnet Second Defined Benefit Fund's administrators:

If you experience any problems or require assistance, please reach out to the
Verso Client Contact Centre on 021 943 5310

"Retirement is the only time in your life when time no longer equals money."
Unknown



IMPORTANT

Suspension of pensions for all pensioners with outstanding certificates of existence

We understand that our pensioners rely on their pensions, and we do not take suspending any pensions lightly.

As a result of having a high number of unreturned certificates of existence (COE) the Transnet Second Defined Benefit Fund has put a suspension plan in place for all pensioners who have not yet returned their certificate of existence to the Administrator (Verso). The purpose of this plan is to implement a phased approach for suspending pensioners who do not return their COEs over the next 12 months. This includes an efficient and transparent process, proper communication, and support to affected pensioners, ensuring compliance with legal and regulatory requirements.

What Is a Certificate Of Existence (COE)?

A Certificate of Existence, or COE for short, is a special document that proves you are alive. It's like saying, "I'm here, and I'm well!"

Why is a COE so important?

There are two excellent reasons for us to request COEs from our pensioners.

Protecting your Money: The COE helps us make sure that your pension money goes to you and not someone else. As Trustees of the Fund, we have a duty to ensure that only those who qualify for a benefit under the Fund's rules receive a pension. Paying pensions incorrectly after a pensioner's passing means losing the money that belongs to you and all other pensioners.

Updating our Records: Sometimes, pensioners move and forget to tell us their new contact details. On the COE form, we include the contact details we have for you on our records. If any of this information is incorrect or missing, you can provide the correct details in the space provided. Your cell number and email address are very, very important. If you do not have an email address provide one that belongs to a trusted family member or friend who will keep you informed of all Fund communication.

Following the Rules: Every pension fund has rules, and our rules require that we check that our pensioners are still alive.

Suspension plan – what happens next?

The suspension plan covers all activities related to the suspension of pensions, including the preparation and execution of the suspension processes, the distribution of notifications, and the provision of support for pensioners during the process.

The process will be carried out over 12 months, in three phases, ensuring a controlled and manageable approach. Each phase will focus on a specific number of pensioners.

Phase 1 *(September 2025):*

Suspend 5 173 pensioners effective 24 September 2025. Phase 1 suspension will include all pensioners with physical or postal addresses only.

Phase 2 *(January 2026):*

Suspend 6 116 pensioners between the ages of 80 and 89 effective 24 January 2026.

Phase 3 *(May 2026):*

Suspend the remaining 8 498 pensioners without COEs (of various ages) effective 24 May 2026.

This gradual approach will allow the team to handle the workload efficiently and manage any unforeseen issues.

The Administrator, together with the Fund, will embark on a vigorous communication strategy throughout this suspension exercise so that pensioners are fully aware of the reasons for the suspension of their pension and how they can re-instate their pensions.

You WILL be notified

To ensure that pensioners are given an opportunity to submit the outstanding COE the Administrator will send out reminders in the following order:

First Reminder (30 days after initial notice): If no response or action is taken, the administrator will send a follow-up reminder by email and SMS. This reminder will emphasise the urgency of compliance.

Final Reminder (7 days before suspension): A final reminder will be sent one week before the suspension, reinforcing the consequences of non-action and the pensioner's last chance to resolve the issue.

Who can you contact for assistance?

A dedicated team will be available to answer questions and assist pensioners with the suspension process. The team will handle inquiries by phone, email, or in person if necessary. For walk-in pensioners, branch representatives will either assist directly or contact the call centre on behalf of the pensioner.

- **Call Centre:** 021 943 5310
- **Share Call:** 087 330 1295
- **WhatsApp:** 076 796 2826
- **General Email:** Info@TSDBF.Net
- **Suspension Queries Email:** COE@TSDBF.NET
- **Walk-in Centres:** https://verso.co.za/branches

Once the 12-month suspension plan has been completed, the COE will be provided on an annual basis on 30 March. The completed document must be returned to the Administrator by 30 June. The follow-up reminder process will remain in place. All pensions will be stopped for unreturned COE pensioners effective 24 July of the relevant year.

All pensioners residing outside of South Africa will be required to provide the Administrator with bi-annual COE submission. A detailed FAQ page will be created on the TSDBF.NET website, covering common questions regarding suspension.

Current suspended member statistics

TSDBF Fund Suspended Members as at 31 July 2025

Total Suspended Pensioners	**1 196**
Principal Members	**285**
Spouses	**886**
Children	**25**

Members in the over 100 age category were suspended 01 July 2024 and in the 95-100 age category effective 01 November 2024. As at 31 July 2025 there are 34 suspended members remaining in the over 100 age category and 113 in the 95-100 age category.

On 24 June 2025, a total of 1 620 members in the 90-95 age category were suspended due to unreturned COEs. As at 31 July 2025 there are 853 remaining suspended members.

On 24 January 2025, a total of 458 members with Ithala bank accounts were suspended due to the liquidation of the bank. As at 31 July 2025 there are 96 remaining suspended members.

Current member statistics

TSDBF Fund Members as at 31 July 2025

Total Pensioners	**27 592**
Principal Members	**5 889**
Spouses	**21 609**
Children	**94**

Reading nook: Riveting rugby reads

Eben Etzebeth, the Springbok rugby legend with more caps than anyone else in the history of SA rugby, is dropping his first-ever memoir called* Unlocked *(or* Ten Slotte *in Afrikaans) this October!

The 33-year-old lock, who's been a powerhouse in South Africa's World Cup-winning teams, is giving fans a peek into his life. He's sharing it all—growing up in Goodwood, the ups and downs of his rugby journey, and the personal moments that made him who he is.

Eben has posted about his soon-to-be published book on Instagram, saying the book is a tribute to everyone who has had his back. You can already pre-order it at places like Takealot, Exclusive Books, and Loot.

Sounds like a must-read for any rugby fan! And a great gift idea for anyone who enjoys the game, or who read *Rassie: Stories of Life and Rugby* (by the magnificent Springbok coach, Rassie Erasmus).

"A word after a word after a word is power"
Margaret Atwood

The ultimate salad for a Sunday braai

The good news is that even your grandchildren will love it!

- 6 cups broccoli, raw, cut into small chunks
- ½ cup red onion, diced
- ½ cup spring onion, diced
- ½ cup celery, diced
- ½ cup tinned sweetcorn
- ½ cup cashew nuts, roughly chopped
- 1 cup bacon, cooked until crispy and crumbled
- ½ cup feta, crumbled
- ½ cup dried cranberries or peppadews

Place all the above in a large salad bowl and dress with a combination of the following:

- ½ cup mayonnaise
- ½ cup full fat plain Greek yoghurt
- 3 tablespoons white balsamic vinegar
- Salt and pepper to taste

"Life is too short to eat boring salads."
Unknown

Fighting fit or winter weary?

How to get your groove back this spring

Did you know?

From as young as the age of 36, we naturally begin to lose muscle mass. This process accelerates, and by age 80, our muscle mass is reduced by roughly 50% – especially if we aren't leading active lives.

An active lifestyle not only boosts the immune system, but it also protects the body against diseases such as type 2 diabetes, and it reduces the likelihood of falls and injuries. It's also good for mental health and general happiness.

Sadly, as you age, it becomes harder to bounce back from a sedentary lifestyle. Don't risk injury by trying to do too much, too quickly – no matter what your age, baby steps are the right kind of steps to take.

Here are a few ways to ease yourself safely back into a fitness routine.

Hop up the housework
Cleaning the house certainly counts as exercise, and the great part is that you can see visible results that will make you feel good about where you live. Similarly with gardening – just remember to go easy on your knees if you're bending down to plant or weed.

Wild for walking
Walking burns almost as many calories as jogging, over the same distance. Start with a short amble around your neighbourhood or local park, and then up the pace and distance a little each day. Once again, be kind to your joints, and be sure to wear a good pair of shoes.

Steer clear of sitting
Some studies claim that sitting for prolonged periods can be as bad for your health as smoking. Be sure to get up and move around at least every hour – even if it's just for a few minutes. This will also improve your posture, balance and circulation, and you'll be less likely to get stiff or experience cramps and numbness in your limbs.

Manage your mind
By varying the exercise that you do, you'll be less likely to get bored and give up. What's more, doing the same exercise every day can lead to repetitive strain injuries. Try to alternate between cardio, or exercise that gets your heart rate up, and strength training, such as lifting heavy things or using resistance tools, like elasticated bands.

Do sweat the small stuff
While it's good to exercise your major muscle groups, don't forget your hands and feet, especially if you suffer from arthritis. And while we're at it, don't forget your core. Your back and abdominal muscles are crucial for balance, stability and posture.

Gently on the joints
If joint pain is something that you experience, consider swimming. It's low impact and lots of fun. There are a lot of gyms that offer swimming aerobics classes. You could also consider taking up yoga. Just remember – you should always stretch to warm and loosen your muscles first.

Gardening is good for you!

Get involved this spring

Did you know?

Gardening offers numerous benefits for older people, combining physical activity, mental stimulation, and social engagement. It can improve mobility, reduce the risk of falls, and even help to lower blood pressure and boost the immune system. Furthermore, gardening provides a sense of purpose, reduces stress, and can be a great way to connect with nature and others.

Starting a vegetable garden can help you to get active and to reconnect with nature, while also saving you money when it comes to grocery shopping. Depending on how much space you have available, the following are ideal spring crops to get you started:

- **Large gardens** – squash, patty pans, cucumber and watermelon
- **Small gardens** – spinach, beetroot, lettuce, green beans, eggplant and leeks
- **Pot plant gardens** – herbs, cherry tomatoes, peas, beans and chillies

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