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Moving towards a better future **together**

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Welcome to the first newsletter of 2025

Happy New Year to all our valued members! We're excited to kick off 2025 with our first newsletter, bringing you the latest updates, tips, and insights to help you secure a brighter future. This year, we're focusing on helping you **navigate important changes in the financial world**, offering **advice on physical and mental wellness**, and providing **useful tools to make the most of your retirement savings**.

Thank you for your continued trust in the Transport Sector Retirement Fund—we're here to support you every step of the way on your retirement journey. Here's to a year of growth, health, and financial well-being!

For the first time ever the Fund introduces **"Good to Know"** blocks in the newsletter that are **translated to Zulu, Sesotho and Tsonga**. It is the Fund's sincere hope that these translations will assist members with greater understanding of important information. Stay tuned for more updates and, as always, feel free to reach out with any questions or feedback.

Please see **Page 6** for the many ways you can **contact the Fund**.

The new *Buffalo* Truck Stop in East London

"Truck drivers can only function well when they are treated with respect, eat healthy food, and are provided with clean ablutions and secure resting facilities," says **Mdumisani Mabaso** – General Secretary of the Motor Transport Workers Union.

Economic and market research by the Truck Stop Fund has indicated that there is a dire need for well planned, safe and secure overnight facilities for truck drivers in South Africa. South Africa has an excellent logistics and transportation sector, but is lacking on road facilities for the transportation and logistics sectors.

Truck accidents cost the industry more than R 20bn annually, impacting the competitiveness of the South African economy on the international markets. The main cause for truck accidents is driver fatigue.

The 2nd Truck Stop for the TSRF is based in East London and opened in August, 2024. The truck stop will have safe and secure overnight parking for over 100 trucks. The facility has a canteen, offering balanced meals and a relaxation area, hot showers, a laundry, a truck wash, service and repair centres (workshops), overnight rooms and a medical clinic.



Image source: Buffalo City Insider on X

Protecting yourself against cybercrime and fraud: Tips for Transport Sector Retirement Fund members

In today's digital world, cybercrime and fraud are becoming increasingly common threats. As a member of the Transport Sector Retirement Fund, it's crucial to stay vigilant and protect your personal and financial information. Here are some simple, yet effective, steps you can take to safeguard yourself:

1. Use Strong, Unique Passwords

Ensure your passwords are complex and unique for each account. Avoid using easily guessable information like names or birthdates. Consider using a password manager to keep track of your login details securely.

2. Enable Two-Factor Authentication (2FA)

Where possible, activate two-factor authentication on your online accounts. This adds an extra layer of protection by requiring you to verify your identity with a second method, like a code sent to your phone.

3. Beware of Phishing Scams

Be cautious of emails, texts, or phone calls asking for personal or financial information. Fraudsters often pose as trusted entities like banks or retirement funds. Always verify requests through official contact channels before responding.

4. Monitor Your Accounts Regularly

Check your bank and retirement fund statements regularly for any unauthorised transactions. If something looks suspicious, report it immediately to the relevant institution.

5. Keep Your Software Updated

Regularly update your computer, phone, and security software. Updates often contain patches for known vulnerabilities, reducing your risk of being hacked.

6. Secure Your Devices

Ensure that all your devices are protected with passwords or biometric security features (like fingerprints or facial recognition). If you lose a device, make sure you can remotely lock or wipe it to prevent unauthorised access.

By taking these simple precautions, you can greatly reduce your risk of falling victim to cybercrime and fraud. Stay alert, stay informed, and always prioritise your digital security!



Important to remember:

The Fund and the Fund's administrators, Salt Employee Benefits, **will NEVER phone you to ask for your bank account PIN or password.** When money is due to you from the Fund your bank details are provided on the Fund claim form and there is NO reason for you to provide your PIN or password to anyone. **Follow these five steps if you find that money was fraudulently taken from your account**

1. Contact your Bank and inform them immediately
2. Dispute the transaction with your Bank
3. File a **Fraud** or Police Report
4. Monitor your **Account** closely
5. If necessary, close the account and open a new account

Never give your secret PIN number or password to anyone!

Okubalulekile ukukhumbula:

ISikhwama kanye nabaphathi baso, i-Salt Employee Benefits, **ABASOZE bakushayela ucingo bakucele i-PIN noma iphasiwedi ye-akhawunti yakho yasebhange.** Uma kukhona imali okufanele uyithole esiKhwameni imininingwane yakho yasebhange inikeziwe efomini lesicelo lesiKhwameni futhi ASIKHO isidingo sokuthi unikeze noma ubani i-PIN noma iphasiwedi yakho. **Landela lezi zinyathelo ezinhlanu uma uthola ukuthi imali ithathwe ngobugebengu kuyi-akhawunti yakho**

1. Xhumana neBhange lakho futhi ubazise ngokushesha
2. Kuphikise lokho kuthengiselana neBhange lakho
3. Faka Isikhalazo **Sokukhwananisa** Noma Sokubika Emaphoyiseni
4. Hlola i-**Akhawunti** Yakho Ngokucophelela
5. Uma kunesidingo yivale leyo-akhawunti bese uvula i-akhawunti entsha

Ungalokothi unikeze noma ubani inombolo yakho eyimfihlo ye-PIN noma iphasiwedi!

Bohlokoa ho hopolang:

Letlole le Baokamedi ba Letlole, Salt Employee Benefits, **LE KA MOHLA BA KE KE KE ba ho letsetsa ho o kopa PIN kapa password ya akhaonto ya hao ya banka.** Ha Letlole le o kolota tjelete, dintlha tsa hao tsa banka di fanwa foromong ya ho etsa tleleimi ya Letlole mme HA HO na lebaka la hore o fane ka PIN kapa password ya hao ho mang kapa mang. **Latela mehato ena e mehlano haeba o fumana hore tjelete e nkilwe ka bomenemene akhaonteng ya hao**

1. Ikopanye le Banka ya hao mme o ba tsebise hanghang
2. Hanyetsa ho ntshwa hona ha tjelete le Banka ya hao
3. Kenya Tlaleho ya **Bomenemene** kapa ya Sepolesa
4. Beha **Akhaonte** ya hao leihlo ka hloko
5. Haeba ho hloka hloka, kwala akhaonte mme o bule akhaonte e ntjha

Hohang o se ke wa fa mang kapa mang PIN ya hao kapa password!

Preservation is key



“

Here is why it's important to take this step seriously and how to navigate the process effectively

Resigning from a job is a significant milestone, often filled with excitement and new opportunities. However, amid the transition, it's crucial not to overlook the impact on your retirement benefits. Preserving these benefits can be a key factor in ensuring a secure financial future.

Research shows that the average person in SA can only replace 28% of their salary with a pension income at retirement. This means that if you were earning R10 000 per month before retirement – your retirement capital would only be able to buy a pension income equal to R2 800 per month. The TSRF target a 75% replacement ratio.

The main reason for these sad statistics is that most South Africans do not preserve their benefits when they change jobs and as a result the Two-Pot system was recently implemented to ensure better preservation of benefits over the longer term.

With the new Two-Pot system you may now access your Savings component annually without having to resign AND you cannot access the money in your Retirement component, even if you resign, as it must be preserved until retirement.

Example to illustrate the impact of regular withdrawals:

Joe is a member of the Transport Sector Retirement Fund. He is 30 years old and earns R8 000 per month. On 1 September 2024 he had R20 000 in the Fund and R2 000 was seeded to the Savings component. On 20 September he withdrew the R2 000.

If we assume the following:

1. Net contributions (after costs) to the Fund of 12% over 35 years
2. Salary increases of 6% per annum
3. Fund growth of 4.5% per annum
4. He retires at 65 years

If Joe continues to take the maximum Savings component withdrawal from the Fund annually he would receive R468 804 in cash over 35 years. He is expected to retire with R5.2 million retirement capital at 65 if he never leaves the Fund.

If Joe however did **NOT** take annual savings withdrawals he is expected to retire with R7.7 million - R2.5 million more! This is a result of the power of compound interest.

Please note this example is based on the assumptions above.

Conclusion

Preserving your Vested components when you resign and thinking twice before making annual Savings component withdrawals is not just a matter of financial prudence; it's **a crucial step toward ensuring your long-term financial security**. By understanding your options and **making intentional decisions, you can safeguard your financial future** and ensure that you're building a solid foundation for retirement. **Remember, every choice you make today will impact your financial security tomorrow.** Take the time to explore your options, consult with professionals, and make the most of your hard-earned retirement savings.

Your future self will thank you for it!

Good to know

Please think carefully before deciding to take your annual Savings component withdrawal. Early withdrawals will result in less money being available at retirement, do not under-estimate the power of compound interest.

I swinene ku swi tiva

Hi kombela u ehleketa hi vukheta u nga si teka xiboho xo teka mali ya wena ya lembe na lembe ya xiphemu xa Savings. Ku humesa mali ka ha ri na nkarhi swi ta endla leswaku mali yitsongo yi kumeka loko u huma penceni, u nga tekeli ehansi matimba ya ntswalo lowu hlanganisiweke.

Ngiyathokoza ukwazi

Sicela ucabangisise ngaphambi kokuthatha isinqumo sokuhoxa ingxenywe yakho ye-Savings yonyaka. Ukuhoxiswa kwemali kusenesikhathi kuzoholela ekutheni kutholakale imali encane uma usuthatha umhlalaphansi, ungawabukeli phansi amandla enzalo ehlanganisiwe.

Ho monate ho tseba

Ka kopo nahana ka hloko pele u etsa qeto ea ho hula karolo ea hau ea selemo le selemo ea Savings. Ho ntša chelete pele ho nako ho tla etsa hore chelete e be e fokolang nakong ea ho tlohela mosebetsi, u se ke ua khella fatše matla a tsoala e kopanetsoeng.

The rise of AI and fintech: Transforming retirement funds & financial services

The world of retirement funds and financial services is evolving rapidly, driven by advancements in artificial intelligence (AI) and fintech. These technologies are reshaping how we manage our finances, make investment decisions, and even plan for retirement, creating both exciting opportunities and new challenges.

Opportunities for Better Decision-Making

AI and fintech are making financial services more efficient, transparent, and personalized. AI algorithms can analyse vast amounts of data in real-time, helping retirement funds make smarter investment decisions and optimise returns. For members of the Transport Sector Retirement Fund, this means better asset management and more tailored retirement counselling for your retirement savings via the TSRF Member Portal which is an online tool. AI can also improve risk assessment, ensuring that your fund's portfolio remains balanced and resilient in a volatile market.

How to register on the Member Portal

To Register, WhatsApp 'Hi' to 087 240 7004

Once registered you can view your Fund balances, the balance in your Savings Component and you can make online claims. Additionally, fintech tools are making it easier for members to track and manage their retirement plans through intuitive apps and platforms. These innovations provide greater access to financial information, empowering you to make more informed decisions about your future.

Risks and Challenges

While the rise of AI and fintech brings many benefits, it also poses risks, particularly in the job market. Automation is expected to transform many industries, including financial services. Routine tasks that were once handled by people are increasingly being done by machines, which could lead to job displacement for those working in more traditional roles. Moreover, the rapid pace of technological change could disrupt established employment structures. Roles in areas like administration, customer service, and even financial advising may see shifts as AI-driven platforms become more capable of performing tasks that once required human input. However, these changes also present an opportunity for workers to upskill and embrace new, tech-driven roles within the sector.

Embracing the Future

As the Transport Sector Retirement Fund adapts to these advancements, we encourage members to stay informed about these changes. While the rise of AI and fintech presents challenges, it also offers opportunities for enhanced financial security and improved retirement outcomes. By embracing these innovations, members can take advantage of the tools and insights available to make smarter decisions for their futures.

Good to Know

With the advent of artificial intelligence, we need to navigate this exciting future, and it will be important to strike a balance between adopting new technologies and preparing for the potential impact on the workforce. Together, we can leverage these advancements to secure a brighter, more prosperous retirement for all. Make sure you are registered on the Fund's online Member Portal.

I swinene ku swi tiva

Hi ku fika ka vutlhari byo endliwa, hi fanele ku fambisa vumundzuku lebyi byo tsakisa, naswona swi ta va swa nkoka ku ringanisela exikarhi ka ku amukela thekinoloji leyintshwa na ku tilulamisela ku khumbeka loku nga vaka kona eka vatirhi. Hi ri swin'we, hi nga tirhisa nhluvuko lowu ku tiyisisa ku huma penceni loku vangamaka, loku humelelaka eka hinkwavo. Tiyisisa leswaku u tsarisiwile eka Khokholo ya Swirho ya inthanete ya Nkwama.

Ngiyathokoza ukwazi

Ngokufika kobuhlakani bokwenziwa, sidinga ukuzulazula kuleli kusasa elijabulisayo, futhi kuzobaluleka ukulinganisa phakathi kokwamukela ubuchwepheshe obusha nokulungiselela umthelela ongaba khona kubasebenzi. Ngokubambisana, singasebenzisa lezi ntuthuko ukuze sithole umhlalaphansi ogqamile, ochumayo kubo bonke. Qiniseka ukuthi ubhalisiwe ku-inthanethi Yengosi Yelungu Yesikhwama.

Ho monate ho tseba

Ka ho fihla ha bohlale ba maiketsetso, re hloka ho sheba bokamoso bona bo monate, 'me ho tla ba bohlokoa ho leka-lekanya pakeng tsa ho amohela theknoloji e ncha le ho itokisetse tšusumetso e ka bang teng ho basebetsi. Ka kopanelo, re ka sebelisa tsoelo-pele ena ho boloka phomolo e khanyang, e atlehileng haholoanyane bakeng sa bohle. Netefatsa hore o ingodisitse ho Letlole la Inthaneteng la Ditho tsa Portal.



Prioritising your physical and mental wellness: a vital consideration for members of the fund

As members of the Transport Sector Retirement Fund, many of you work as truck drivers, truck assistants and in the wider transport industry a demanding profession that requires long hours on the road and plenty of time spent sitting behind the wheel or a desk in an office. **While it's easy to focus on your work, it's crucial to prioritise your physical and mental wellness to stay healthy and secure your long-term well-being**—especially as health risks can sometimes sneak up on us.

Physical Wellness: Stay Active and Keep Moving

Truck driving, by its nature, involves a lot of sitting, which can contribute to back pain, poor circulation, and other health issues. Prolonged sitting increases the risk of conditions like obesity, heart disease, and even deep vein thrombosis (DVT). To combat this, try to take short breaks whenever possible. Stretching, walking, or even light exercises can help keep your body in better shape. If you're driving long distances, plan for stops where you can move around and give your muscles a break. Also, focus on maintaining a healthy diet. It's easy to fall into the habit of fast food or unhealthy snacks on the go, but nourishing your body with fruits, vegetables, lean proteins, and plenty of water will help you feel better and stay more alert on the road.

Mental Wellness: Managing Stress and Staying Connected

Truck driving can also take a toll on mental health. Long hours alone on the road can lead to feelings of isolation, stress, and even burnout. The pressure to meet deadlines, navigate traffic, or deal with unforeseen challenges can feel overwhelming at times. It's important to find ways to manage stress and take care of your mental health. Consider mindfulness exercises, deep breathing, or listening to music or podcasts to relax while driving. Stay connected with family, friends, or colleagues to avoid feelings of loneliness. If you're feeling mentally drained, don't hesitate to reach out for support from a counselor or a mental health professional—taking care of your mind is just as important as taking care of your body.

Health Risks and Early Detection

Being aware of potential health risks is essential. Regular health check-ups can help catch any underlying issues early, whether it's high blood pressure, diabetes, or other chronic conditions. For drivers, sleep apnea is another concern, given the irregular sleep patterns that often come with the job. Make sure to get enough rest and seek help if you have trouble sleeping. By staying mindful of both physical and mental wellness, you can reduce your health risks and improve your quality of life both on and off the road.

Good to know

The Fund is committed to supporting your health and retirement goals. Members should be aware potential health risks by going for regular health check-ups. **Remember that the Fund's Truck Stops in Harrismith and East London have medical facilities where health screening can be done. Remember, taking care of yourself today means a better tomorrow.**

I swinene ku swi tiva

Nkwama wu tiyimiserile ku seketela tipakani ta wena ta rihanyo na ku huma penceni. Swirho swi fanele ku tiva makhombo lama nga vaka kona ya rihanyo hi ku ya eka ku kamberwa ka rihanyo nkarhi na nkarhi. **Tsundzuka leswaku Swimakiwa swa Tlori swa Nkwama eHarrismith na East London swi na switirhisiwa swa vutshunguri laha ku nga endliwaka ku kamberwa ka rihanyo. Tsundzuka, ku tikhathalela namuntlha swi vula mundzuku wo antswa.**

Ngiyathokoza ukwazi

Isikhwama sizibophezele ekusekeleni izinjongo zakho zezempilo kanye nezomhlalaphansi. Amalungu kufanele aqaphele ubungozi bezempilo obungaba khona ngokuya njalo ukuyohlolwa impilo. **Khumbula ukuthi Izitobhi Zamaloli Zesikhwama e-Harrismith nase-East London zinezikhungo zezokwelapha lapho kuhlolwa khona impilo. Khumbula, ukuzinakekela namuhla kusho ikusasa elingcono.**

Ho monate ho tseba

Letlole le ikemiselitse ho ts'ehetsa sepheo sa hau sa bophelo bo botle le ho tlohela mosebetsi. Litho li lokela ho elelloa likotsi tse ka bang teng bophelong ka ho ea tlhahlobong ea bophelo khafetsa. **Hopola hore Truck Stops ea Letlole le Harrismith le East London li na le lits'ebetso tsa bongaka moo tlhahlobo ea bophelo e ka etsoang. Hopola, ho ithokomela kajeno ho bolela bokamoso bo molemonyana.**

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Your physical and mental wellness is not a luxury - it's a necessity!



Retirement readiness: Small steps, big impact!

Plan Today for a Secure Tomorrow

Retirement might feel far away, but every small step you take today strengthens your future financial security. Here are three simple actions you can take right now:

1. Know your Fund

Stay informed and up to date about your Transport Sector Retirement Fund benefits and contribution.

2. Boost your Savings

Even small additional voluntary contributions can grow significantly over time.

3. Stay on track

Review your fund statements regularly and update your contact details with your employer, so the Fund can stay in contact with you.

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*Your retirement journey
starts now.*

*A little planning today
means peace of mind
for the future!*

Contact numbers for the Fund - We are ready and waiting to be of service to you



087 405 6377

for Member enquiries

087 405 6376

for Two-Pot System enquiries



members@tsrf.salteb.co.za



www.transportsectorfund.co.za



[@TransportSectorRetirementFund](https://www.facebook.com/TransportSectorRetirementFund)



087 240 7004

TSRF Benefit Counselling Tool

JOHANNESBURG Client Contact Centre	CAPE TOWN/BELLVILLE Client Contact Centre	DURBAN Client Contact Centre
Samro Place	Suite 2	1 Dorothy Nyembe Street
8th Floor	Edward building 1	The Marine
20 De Korte Street	116 Edward Street, Oakdale	Durban Central
Braamfontein	Belville	Durban

