



June 2025

Moving towards a better future **together**

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## Welcome to the Winter 2025 issue of the TSRF newsletter

We've reached the heart of winter—a time when the chill lingers, days are shorter, and we all try and stay cozy and warm. ***There is a calm rhythm to this season that invites rest, reflection, and small joys.***

In this issue, we'll help you make the most of midwinter with informative articles to make you think about your financial future. We also welcome new Deputy Principal Officer, Mongezi Ngcobo and announce our two winners that participated in the research survey, who each won a R 1000 gift voucher.

Clear, consistent communication is a cornerstone of our commitment to helping you achieve financial security in retirement.

***Thank you for your continued trust in the Fund.*** We continue to join you on this journey — one issue at a time.

## Introducing New Deputy Principal Officer: Mongezi Ngcobo

***Mongezi Ngcobo was appointed as the Deputy Principal Officer on the 1 May 2025. He is a seasoned retirement fund professional with over a decade of experience in accounting, fund administration, and governance.***

He served as the Regional Office Manager and Principal Officer at the National Bargaining Council Clothing Manufacturing Industry and KwaZulu-Natal Clothing Industry Provident Fund, where he oversaw fund operations, compliance, and governance for large member bases.

Mongezi holds a BCom in Accounting and a Post Graduate Diploma in Leadership and is pursuing a Master of Commerce in Leadership to deepen his leadership capabilities. ***He is passionate about transformation in fund administration and governance, committed to ethical leadership, and believes in empowering staff and fostering innovation to meet modern retirement needs.***

A regular participant in industry forums like PLA and Batseta, Mongezi brings practical insights and a forward-looking vision to discussions on best practices and regulatory developments in the retirement fund sector.

***The Fund welcomes Mongezi and looks forward to his valuable contribution to foster a culture of trust and collaboration, ensuring that every member feels valued and empowered on their journey to retirement.***





## TSRF Research Survey 2025 – Winners

Thank you to all the members that recently participated in the annual TSRF research project. Your feedback is important, and we appreciate the fact that you took a few minutes out of your busy schedules to complete the survey. **Congratulations to our two winners who were randomly selected from all the respondents that participated. They each win a Pick and Pay gift voucher to the value of R 1000.**

### ***Shadrack Mokoena***

Shadrack started working for DPD Laser in Pretoria during 2019 and has enjoyed the past six years working as a customer service consultant, assisting with client queries.



Shadrack lives with his grandmother and 3 siblings who are all dependant on him. He is currently studying BA Environmental Management, on a part-time basis, through Unisa. In his spare time, he plays outdoor hockey that keeps him fit.

When asked about the Transport Sector Retirement Fund and member benefits, Shadrack had the following to say: "I am super happy with my benefits at TSRF. It is the best Fund. I understand

### ***Hlanganani Shirinda***

Hlanganani has worked in the logistics department at Primeserv since 2023 and enjoys going to work every day.



He is a family man who supports his wife and three beautiful children. He enjoys spending time with his son and two daughters, especially in the outdoors and nature.

Hlanganani confirmed that he understands his Fund benefits and prefers to receive communication directly on his cell phone via SMS or WhatsApp messaging.

### **Good to know** 👍

Member research is conducted annually. Ensure that you participate by completing the next research survey and stand a chance to also be a winner!

English

### **Ngiyathokoza ukwazi** 👍

Ucwaningo lwamalungu lwenziwa minyaka yonke. Qinisekisa ukuthi ubamba iqhaza ngokugcwalisa ucwaningo olulandelayo futhi ube sethubeni lokuwina!

Zulu

### **Ho monate ho tseba** 👍

Lipatlisiso tsa litho li etsoa selemo le selemo. Netefatsa hore o nka karolo ka ho tlatsa phuputso e latelang mme o be le monyetla wa ho ba mohlodi!

Sesotho

### **I swinene ku swi tiva** 👍

tiva Vulavisisi bya swirho byi endliwa lembe na lembe. Tiyisisa leswaku u nghenelela hi ku hetisa ndzavisiso wa ndzavisiso lowu landzelaka naswona u yima na nkarhi wo tlhela u va mhluri!

Tsonga



## Protect yourself against identity theft

Identity theft is on the rise across South Africa, and your personal information could be a target. Criminals can use your details to take out loans, open accounts, or even try to claim your retirement benefits. As a member of the Transport Sector Retirement Fund, it's important to stay alert and protect your identity.

### What is Identity Theft?

Identity theft occurs when someone uses your personal information—like your ID number, bank details, or TSRF membership data—without your permission to commit fraud.

### How Can You Protect Yourself?

*Here are a few simple but effective ways to safeguard your information:*

**Keep your ID and personal documents secure.** Never leave them unattended or share copies unless absolutely necessary.

**Be cautious with emails, phone calls, or messages.** The Fund will never ask for your PINs or passwords. If in doubt, contact us directly.

**Check your TSRF statements regularly.** Report any suspicious activity or changes you don't recognise.

**Shred old documents before discarding.** This includes payslips, benefit letters, and old bank statements.

**Use strong, unique passwords.** Avoid using the same password across different accounts.

**Be Wary of Phishing.** Be cautious of suspicious emails or links and never share personal information or banking details via email, SMS, or telephone.

**Social Media Privacy.** Be mindful of the information you share on social media platforms.



## Report Suspicious Activity

If you suspect that your identity has been compromised,

**report it immediately to the**

South African Fraud Prevention Service

(SAFPS) at [www.safps.org.za](http://www.safps.org.za)

or contact the

TSRF Call Centre at **087 405 6377**



## Good to know

By staying alert and informed and being aware of the type of scams that are happening daily, you can protect what's yours.

English

## Ngiyathokoza ukwazi

Ngokuhlala uqaphile futhi unolwazi futhi uqaphele uhlobo lokukhwabanisa okwenzeka nsuku zonke, ungakwazi ukuvikela okungokwakho.

Zulu

## Ho monate ho tseba

Ka ho lula u falimehile, u tseba, 'me u eleloa mofuta oa bomenemene bo etsahalang letsatsi le letsatsi, u ka sireletsa seo e leng sa hao.

Sesotho

## I swinene ku swi tiva

Hi ku tshama u xalamukile no tivisiwa na ku tiva muxaka wa vuxisi lebyi humelelaka siku na siku, u nga sirhelela leswi nga swa wena.

Tsonga

## Think twice before making a Savings Component Withdrawal

A cash withdrawal may be attractive with the rise of daily living costs in South Africa, but this may influence your retirement plans negatively in the future. **You basically have three options available with the money in your Savings component:**

**1) Avoid withdrawing it until retirement.** At retirement you can choose to receive this as a cash lump sum (subject to tax) or add it to your Retirement component to purchase a pension. If you leave it to grow and add this to your Retirement component, at retirement you can retire with a larger monthly pension.

**2) Leave it in the Savings component to continue to grow** and use a portion in the future when you have a real financial emergency.

**3) Withdraw it annually and pay marginal tax (the highest tax possible) as well as an administration fee.** When you get to retirement you will NOT have any money to take in cash (unless you have a Vested benefit in the Fund and then you may still only receive one third of this money as a cash lump sum).

### Important to note when you resign

You will have to consider the balance in your Savings component before you decide to resign. This is in terms of the money available in the member's Savings component, as only one withdrawal is allowed per tax year.

If you have already made a withdrawal from your Savings component in a tax year and you decide to resign in the same year you will only be able to take amounts that are lower than R2000 in cash. You may therefore consider resigning in the new tax year so you're able to take the full Savings component in cash when you resign OR decide not to make a savings withdrawal when you know you intend to resign from your employer.

**Example:** A fund member, Sarah, has R10 000 in her Savings component. On 20 June 2025 she decides to withdraw R5000. She therefore has R5000 left in her Savings component. At the end of July, she decides to resign from her employer. The R5000 left in her Savings component cannot be paid to her in cash as the amount is higher than R2000 and because she already made a withdrawal in this tax year.



### Good to know 👍

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.

English

### Ngiyathokoza ukwazi 👍

Ukucabanga kabili ngaphambi kokwenza ukuhoxiswa kwengxenywe ye-Savings yonyaka akuyona nje indaba yobuhlakani bezezimali; kuyisinyathelo esibalulekile ekuqinisekiseni ukuphepha kwakho kwezezimali kwesikhathi eside.

Zulu

### Ho monate ho tseba 👍

Ho nahana habeli pele o etsa chelete ea selemo le selemo ea karolo ea Polokelo ha se taba feela ea bohlafe ba lichelete; ke mohato oa bohlokoa ho netefatsa polokeho ea hau ea nako e telele ea lichelete.

Sesotho

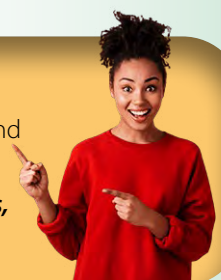
### I swinene ku swi tiva 👍

Ku ehleketa kambirhi u nga si humesa mali ya lembe na lembe ya xiphemu xa Savings a hi mhaka ya vutlhari bya swa timali ntsena; i goza ra nkoka ro tiyisisa nsirhelelo wa wena wa timali wa nkarhi wo leha.

Tsonga

### Call to action:

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.***







## The importance of nominating your beneficiaries

The death of a loved one is always an incredibly emotional and challenging time for those left behind. In the event of your death, you would not want your family members to worry and stress about complex administrative processes and unnecessary delays in paying out your benefits (death and funeral) to them. That is why you should regularly complete a Beneficiary Nomination Form. **By completing a Beneficiary Nomination Form you are identifying your dependants, and it will help the Board make informed decisions.**

### Benefits paid

*When you pass away whilst you are an active member of the Fund and your contributions are paid up to date, your beneficiaries will receive:*

#### Fund Death benefits

##### 1) Your total Fund Credit (*accumulated Fund savings*)

(The total of the Vested, Savings and Retirement components)

**PLUS**

##### 2) 3 x your annual salary at the time of your death.

**PLUS**

#### Funeral benefit

This benefit is paid to the one person you nominated to receive your funeral benefit. This person must be older than 18 years and must be able to arrange your funeral.

*The distribution of these 2 benefits is done by the Board of Trustees in line with Section 37C.*



### Please note the following:

Should you **not complete a nomination form**, the funeral benefit will **be paid into your estate**. Please note that your estate may take up to 12 months to be finalised and your family may not have the money to pay for your memorial service/burial should a completed form not be available.

Please [click here](#) to access the form



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## The Board decides

***The final decision of who will receive the death benefits rests with the Board.***

The Board of Trustees must first identify all legal dependants, including spouses, children, aged parents, siblings, and anyone else entitled to maintenance or considered financially dependent on the deceased. In their determination, trustees consider the nominees on the deceased's nomination form as a guide.

After the Board complete their assessment, the funds are distributed to the identified dependants who were legally or financially dependent on the member. They are required in terms of the Pension Fund Act (Section 37C), to ensure that all dependants are provided for and will try and follow the member's wishes in terms of the Beneficiary Nomination form as far as possible. But the most important criterion for the distribution is dependency.



### Good to know

It is therefore important to complete your Beneficiary Nomination Form at least once a year and also at any time your details may change, i.e. birth of a new child, divorce etc. By completing this form, you identify your dependants and can state who you want to receive your death benefits and in what proportion.



[click here](#) to access the form

English

### Ngiyathokoza ukwazi

Ngakho-ke kubalulekile ukuthi ugcwalise Ifomu Lokuqoka Ohlomulayo okungenani kanye ngonyaka futhi nganoma yisiphi isikhathi imininingwane yakho ingashintsha, okungukuthi ukuzalwa kwengane entsha, isehlukaniso njll. Ngokugcwalisa leli fomu, ukhomba abantu obondliwa nguwe futhi ungasho ukuthi ubani ofuna ukuthola izinzuzo zakho zokufa nokuthi ngasiphi isilinganiso.



[click here](#) to access the form

Zulu

### Ho monate ho tseba

Ka hona, ho bohlokoa hore o tlatse Foromo ea Khetho ea Mojalefa bonyane hang ka selemo hape ka nako efe kapa efe lintlha tsa hau li ka fetoha, ke hore, tsoalo ea ngoana e mocha, tlhalo, joalo-joalo.



[click here](#) to access the form

Sesotho

### I swinene ku swi tiva

Hikwalaho i swa nkoka ku tata Fomo ya wena ya Nhlawulo wa Muvuyeriwa kan'we hi lembe naswona nakambe nkarhi wihi na wihi vuxokoxoko bya wena byi nga cinca, i.e. ku velekiwa ka n'wana lontshwa, ku dlaya vukati na swin'wana na swin'wana Hi ku tata fomo leyi, u kuma lava u va titshegeke naswona u nga boxa leswaku i vamani lava u lavaka ku kuma mimbuyelo ya wena ya rifu naswona hi mpimo wihi.



[click here](#) to access the form

Tsonga










## TSRF Truck Driver Wellness: Drowsy Driving

Every day, millions of people get behind the wheel, trusting themselves and others to navigate the roads safely. Yet, there's a subtle danger that doesn't get the same attention as drunk driving or speeding—driving while tired. Fatigue may seem like a minor inconvenience, something a strong coffee can fix. But the truth is far more dangerous: drowsy driving kills. **As a truck driver this might be a daily challenge, as long hours and schedules can push you beyond safe limits. When you're tired, your brain doesn't function optimally. Reaction times slow, decision-making falters, and attention drifts.**

### Red Flags Behind the Wheel

*You might not even realize you're too tired to drive. Here are some warning signs:*

-  Frequent yawning or blinking
-  Difficulty remembering the last few miles driven
-  Drifting out of your lane
-  Missing exits or traffic signs
-  Feeling restless or irritable



**If you're experiencing any of these symptoms, it's time to pull over.**

Many drivers try to "power through" fatigue with energy drinks, coffee, or loud music. While caffeine may offer a temporary boost, it's no substitute for sleep. Its effects are unpredictable and often wear off suddenly, sometimes worsening the crash. The only real remedy for drowsiness is rest. A 15–20 minute nap can do wonders if you're in a safe place to take one. But if you're truly exhausted, the best decision is to delay your drive altogether.

### Shifting Values/Realigning Practices/Modifying norms

We often admire people who "push through" exhaustion—burning the midnight oil, waking early, staying productive. But glorifying fatigue, especially on the road, is dangerous. Sleep isn't a weakness; it's a biological necessity. If you're feeling tired while driving, taking the right precautions can save your life—and the lives of others. Fatigue impairs judgment, slows reaction time, and increases the risk of accidents. **Here are practical and effective precautions you should take:**

### Before You Drive

#### Get Enough Sleep

Aim for 7–9 hours of quality sleep before a long drive. Avoid driving if you've had less than 6 hours of rest.

#### Avoid Driving at High-Risk Times

The body naturally dips in alertness between 2 a.m. – 6 a.m. and 1 p.m. – 3 p.m. If possible, avoid driving during these windows.

#### Plan Regular Breaks

For long trips, plan to stop every 2 hours or every 100 km to stretch, rest, and refresh.

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## If You Feel Tired While Driving

### Don't Ignore the Warning Signs.

If you catch yourself yawning, blinking frequently, or drifting in your lane, take immediate action.

### Pull Over Safely and Rest

Find a rest stop or truck stop with a safe parking area and take a 15–20 minute nap. This short rest can significantly boost alertness.

### Use Caffeine Wisely

A cup of coffee or caffeinated beverage can help, but it takes 20–30 minutes to kick in, and it's only a temporary fix.

### Get Fresh Air and Move Around

Pull over, get out of your vehicle, stretch your legs, or take a brisk walk. Movement and fresh air help stimulate alertness.



## Good to know

Driving tired is just as dangerous as driving drunk. If you wouldn't drive after several drinks, don't do it after being up all night. Your destination can wait—your life and safety can't.

English

## Ngiyathokoza ukwazi

Ukushayela ukhathele kuyingozi njengokushayela udakiwe. Uma ubungeke ushayele ngemva kweziphuzo ezimbalwa, ungakwenzi ngemva kokuvuka ubusuku bonke. Indawo oya kuyo ingalinda—impilo yakho nokuphepha ngeke kwenzeke.

Zulu

## Ho monate ho tseba

Ho khanna u khathetse ho kotsi feela joaloka ho khanna u tahlloe. Haeba u ne u ke ke ua khanna ka mor'a lino tse 'maloa, u se ke ua e etsa ka mor'a ho robala bosiu bohle. Sebaka seo u eang ho sona se ka ema—bophelo ba hao le tšireletseho li ke ke tsa khona.

Sesotho

## I swinene ku swi tiva

Ku chayela u karhele swi ni khombo ku fana ni ku chayela u dakwile. Loko u nga ta chayela endzhaku ka swakunwa swo hlayanyana, u nga swi endli endzhaku ko pfuka vusiku hinkwabyo. Ndhawu leyi u yaka eka yona yi nga rindza—vutomi bya wena ni vuhlayiseki bya wena a swi nge swi koti.

Tsonga

## 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](mailto:members@tsrf.salteb.co.za)



[www.tsrf.co.za](http://www.tsrf.co.za)



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



**WhatsApp "Hi" to: 087 240 7006**

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

