

PENSIONER NEWSLETTER



December 2025

● www.laretirementfund.co.za

● Support@laretirementfund.co.za



HIGHLIGHTS FROM 2025

Dear Pensioner

As the year draws to a close, we take a moment to reflect on the significant moments and achievements that have shaped the past twelve months. The Fund has reached several noteworthy milestones during this period.

As announced in our April 2025 newsletter, the Fund achieved a **full 100% inflation linked pension increase target**, thereby protecting the buying power of your pension – a goal we have steadily worked towards. Beyond the numbers, initiatives such as the National Wills Week reminded us that financial wellbeing also means planning wisely and caring for loved ones.

As communicated in our September 2025 newsflash, the **Supreme Court of Appeal (SCA) judgement** confirmed that the **Retirement Fund Collective Agreement is unenforceable** which brings welcome clarity for municipalities. The successful outcome in the Supreme Court of Appeal reaffirmed the independence of retirement funds like ours, ensuring your rights as pensioners remain secure.

The Financial Sector Conduct Authority (FSCA) and the Prudential Authority introduced **Joint Standard 2 of 2024 on Cybersecurity and Cyber Resilience** effective from 1 June 2025. This standard sets out the minimum requirements for how financial institutions, including retirement funds, must safeguard information, manage cyber risks and ensure operational resilience in the event of a cyber incident.



The LA Retirement Fund has long maintained **high standards of cybersecurity and data protection** as part of its normal operations. The Fund therefore already meets the requirements of the above with its robust systems, continuous monitoring and response plans in place to protect pensioners' information and ensure the ongoing resilience and stability of Fund operations.

The Fund has also obtained assurance from its service providers that they **comply with the requirements** as set out in the abovementioned Joint Standard.

We will embark on preparing the Fund's 2024/2025 Annual Report in the new year. This will be published around the time of the Fund's AGM in May 2026.

We hope that you enjoy reading the latest Fund news as well as the lifestyle article entitled "How to Make Your Braai Cheaper and Healthier".

May this holiday season bring you rest, joy and renewed optimism for the year ahead. For those of you who will be travelling on holiday, we wish you a safe journey.

***"You are never too old to set another goal or to dream a new dream."** – C.S. Lewis*

Warm regards,

Ilse Hartlief
Principal Officer



MESSAGE FROM THE CHAIRMAN – ASSOCIATION OF PENSIONERS

We, as pensioners, started 2025 with the good news that the Trustees of the LA Retirement Fund decided to set the pension increase target at 100% of CPI, subject to ongoing affordability by the Fund.

We are still encouraging pensioners to try and secure access to an email address where we can send the Fund's and the Association of Pensioners' communications. Please forward your email address details to support@laretirementfund.co.za and info@vpkgp.co.za.

On behalf of the Management of the Association of Pensioners, I wish you a blessed and pleasant festive season. May 2026 bring you and your loved ones good health, joy and peace.

Best wishes

Steph du Toit

Chairman
Association of Pensioners



TRUSTEES NEWS: 2025

The Board of Trustees has continued to guide the Fund with diligence and integrity – from the successful onboarding of our new member trustee, **Mrs Sweetlana Petersen**, on 1 January 2025 – to the constant focus on maintaining the Fund’s strong investment performance, competitive benefits and prudent governance.



During the year, the Fund also announced the re-election of **Mrs Michelle van Zyl** as a member trustee for a further five-year term effective 1 January 2026. We congratulate Michelle and thank her for her ongoing commitment and service to the Fund.



A MESSAGE FROM THE FUND’S ACTUARY – SEAN NEETHLING

PENSION INCREASE POLICY

The Fund is pleased to announce a **pension increase** of 4.0% to all our defined benefit pensioners and pooled annuity pensioners, effective 1 January 2026, which exceeds the Fund’s Pension Increase Policy of 100% of CPI.

In addition to this increase, a **pensioner bonus** of 100% of the December 2025 gross monthly pension was granted.

This was made possible by the strong investment return for the year ended 30 June 2025 and a healthy surplus in the Pensioner Account. The **Fund’s sound financial position** enabled the Fund to grant both the increase and the bonus without compromising its financial position.

Together, these benefits are equivalent in value to an increase of 167% of CPI to June 2025. This reflects the Fund’s continued strength and prudent management.



2026 PENSION PAY-DATES

Thursday 22 January	Friday 20 February	Friday 20 March	Wednesday 22 April
Friday 22 May	Monday 22 June	Wednesday 22 July	Friday 21 August
Tuesday 22 September	Thursday 22 October	Friday 20 November	Tuesday 15 December



HOW TO MAKE YOUR BRAAI CHEAPER AND HEALTHIER

A braai is more than just a meal – it is a South African tradition that brings people together. With food prices rising and many of us paying more attention to our health, it is worth finding ways to enjoy your braai without overspending or overindulging.

Here are some easy ideas to make your next braai both budget friendly and good for you.

1. Choose Meats That Make Sense

You do not have to give up your favourite flavours to save money.

- Pick chicken thighs, drumsticks or boerewors – they are tasty, affordable and easy to cook.
- Marinate cheaper cuts overnight in lemon juice, yoghurt or vinegar to make them tender.
- Trim off extra fat before braaiing to keep things lighter for your heart.

2. Load Up on Vegetables and Add Fruit

Vegetables make a braai colourful, healthy and affordable.

- Try corn, peppers, mushrooms or baby marrows – they grill beautifully.
- Brush them with a little sunflower or olive oil, garlic or herbs for flavour.
- For something sweet, braai pineapple rings, apple slices or halved peaches – they make a healthy dessert with a spoonful of yoghurt or honey.
- Thread tomatoes, peppers, onions and pineapple onto sticks for easy vegetable sosaties. They look festive and taste great.

3. Keep the Sides Simple

Homemade side dishes taste better and cost less.

- A fresh bean salad, coleslaw or pap with tomato relish is always a winner.
- Swap creamy sauces for yoghurt dressings or a squeeze of lemon.
- Choose brown bread or rolls instead of white ones – they are healthier and more filling.

4. Use Less Fuel

A good braai does not need a mountain of coals.

- Build a smaller, controlled fire – it cooks just as well.
- Cover your food with foil or a lid to keep in the heat.
- When the fire is out and the ashes are cool, use them in your garden, they help enrich the soil.

5. Make It Healthier

A few small changes go a long way.

- Do not let food burn – blackened meat is not good for you.
- Drink water, rooibos or homemade iced tea instead of fizzy drinks.
- And remember, a braai is about balance – not perfection.

A Thought to End On

The best way to save is to share. Invite friends or neighbours to a bring-and-braai. Everyone brings something small, and together you can enjoy each other's company and a great meal without spending much.

Good company, laughter and great food – that is what makes a braai special.



FESTIVE SEASON OFFICE HOURS

The Fund's walk-in centre, call-centre and WhatsApp will remain open over the festive season from 08:00 to 16:00 (excluding weekends and public holidays) with the exception of Wednesday, 24 December 2025 from 12:30 and Friday 2 January 2026 when the offices will be closed.

E-mail: support@laretirementfund.co.za

Tel: 021 943 5305

WhatsApp: 081 806 9959

Walk-in: Belmont Office Park, Twist Street, Bellville



Trustees: Mr J Jacobs (Chairperson) | Mrs M Van Zyl (Deputy Chairperson) | Mr SF du Toit |
Adv CJ Franken | Mr J Lawack | Cllr WR Meiring | Mrs SLC Petersen | Cllr S Philander
Principal Officer: Mrs IT Hartlief

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