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Dear Pensioner ,

In this edition we provide you with:

- An update on the Pensioner Trustee elections
- Details of the 2019 pension increase and pay dates
- Tips on how to slow down time

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**BOARD OF TRUSTEES:** Mr DL Carstens (Chairperson), Mrs M van Zyl (Deputy Chairperson), Mr HF Botha, Mr PW Esterhuizen, Mr J Jacobs, Mr WR Meiring, Mr S Philander, Mr JAH van den Berg, Mr JDB van der Merwe, ,Principal Officer: Mrs IT Hartlief

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