

## Don't let COVID-19 stop you asking us questions about your pension



**One of the many restrictions that have resulted from the COVID 19 pandemic is that our Client Services Managers are not permitted to be out and about visiting members when stay at home health orders are in place.**

But we're not about to let that stop you keeping on top of your pension. That's why we've introduced our Super Check Service over the phone. Just call your local Client Services Manager and you can ask about a variety of aspects relating to super:

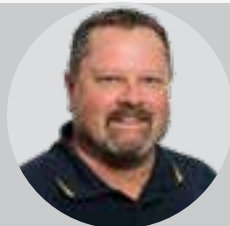
Client Services Manager and you can ask about a variety of aspects relating to super:

- ▼ Check your investment strategy
- ▼ Get help with signing up for our online service, MemberAccess
- ▼ And more

Just select the Client Services Manager, on the right, who looks after your area and give them a call. They're waiting to hear from you.

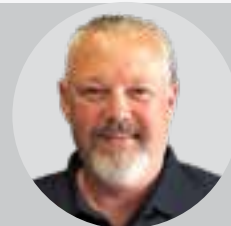
### CLIENT SERVICES

Meet our team of service professionals.



**Royston Bennett**

National Manager, Client Services  
on 0437 697 737 or  
roystonb@amist.com.au for SA.



**Glen Pearson**

on 0418 285 649 or  
glenp@amist.com.au  
for WA, VIC, ACT and TAS.



**David Ashton**

on 0434 043 785 or  
davidas@amist.com.au  
for QLD and NT.



**Justine Young**

on 0409 907 408 or  
justiney@amist.com.au  
for NSW.



# WE'RE HERE FOR THE LONG HAUL SAYS TEYS OFFICE MANAGER.

Terri Wolfe



**Meet Terri Wolfe. Terri is the Office Manager at the Teys Charlton Feedlot in North Western Victoria, approximately 2½ hours drive from Melbourne. She started there almost 16 years ago as a weighbridge operator, and has steadily advanced her career through roles in administration, workplace health and safety, and compliance which has led her to her current position.**

Celebrating 75 years in the beef industry this year, Teys delivers the best of Aussie beef to its customers domestically and around the world. This year also marks the Charlton feedlot's 50th anniversary. Teys has been a part of the landscape in Charlton since 2014, acquiring the feedlot and providing a sustainable future for its employees, communities and customers.

Over the years, Terri has seen many changes at the Charlton feedlot, and has performed many roles.

"Working with Teys means that you can choose from a range of diverse opportunities across processing, manufacturing, trades, feedlots, livestock, admin and

*"They [AMIST Super] are always available to help with any questions we may have and ensure that we understand our needs for the future,"*

environmental management. Teys also provide career opportunities, support for the long term to gain experience and additional qualifications to help you advance your career," Terri said.

The ebb and flow of country life in a predominantly livestock and cropping area of Victoria is something that Terri and her husband, Mick, both relish. Terri's mother-in-law also lives with them on their property and they wouldn't have it any other way.

"With these strong local community connections, I am definitely here in Charlton, and at the feedlot for the long haul, that's for sure. I have held a number of roles over the years with Teys, and as Office Manager, I enjoy my work assisting staff and supporting the smooth running of the Teys feedlot.

Terri and Mick met at the feedlot and both still work together.

**TEYS**

*"We are both members of AMIST Super and have found that they really are catering to our needs."*

"Over the years, we have both enjoyed the opportunities that Tey's has provided us, and they are a big part of the community here.

"We both have many years of working life ahead of us and one day, would like to retire somewhere near the ocean," Terri said.

Terri knows that as they grow older, their focus will be to ensure they can reach their retirement goal.

AMIST Super's Client Services Managers, Royston Bennett and Glen Pearson, visit the Tey's Charlton Feedlot on a regular basis (COVID-19 restrictions permitting) to assist all staff on site.

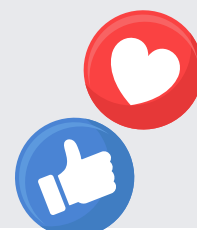
"They are always available to help with any questions we may have and ensure that we understand our needs for the future," she says, "which is very much appreciated."

*"Regular updates and bulletins from AMIST Super keep us informed of changes too," Terri said, "and the hands on, personal approach we get from Royston and Glen makes you feel like they care and that you aren't just a membership number to them."*



**FIND US ON  
FACEBOOK**

AMIST Super is on Facebook. We post regularly about super and lots of other interesting things. So why not "like" us and "share" us amongst your workmates? And don't forget to make a comment. We're always interested in your views.





## Pub in lockdown?

**Make your own authentic pub beef burgers at home.**



### Ingredients

- 500g beef mince
- 1 brown onion, coarsely grated
- 1 cup (70g) breadcrumbs
- 1 tbsp Worcestershire sauce
- 1 tbsp tomato sauce, plus extra to serve
- 1 egg, lightly whisked
- 4 slices cheddar cheese
- 2 iceberg lettuce leaves, finely shredded
- 4 burger buns, brioche if you can get them
- 1 large ripe tomato, thinly sliced

### Method

#### Step 1

Pre-heat oven to 180°C.

Combine the beef, onion, breadcrumbs, Worcestershire sauce, tomato sauce and egg in a large bowl. Divide mince into 4 even portions and shape into 12cm patties. Place on a plate and cover with plastic wrap. Refrigerate for 30 minutes to rest.

#### Step 2

Lightly spray patties with olive oil spray then brown the patties on both sides in a frying pan over a medium heat. Transfer the patties to a baking paper-lined tray and place in the oven for 10 minutes. When cooked through, remove from the oven. Place a slice of cheese on each patty and cover loosely with foil to keep them warm.

#### Step 3

Cut buns in half and lightly toast the inside until golden.

#### Step 4

Place the base of each bun on serving plate. Top with lettuce, tomato, and beef patty. Serve immediately with tomato sauce, if desired.

#### Optional extras:

Feel free to add crispy bacon and a fried egg to each burger, if you like. You could also add a squirt of American mustard or whole egg mayonnaise too.

## MEMBER HIGHLIGHTS

Evangelos Manalis, pictured here with AMIST Super's Justine Young, is a member of AMIST Pension, having retired from Andrews Meats some years ago. Justine helps him complete forms and other paperwork associated with his account and provides information about his investments to make it easier for him to enjoy retirement.



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