



Solid. Strong. Yours.

Weekly investment switching coming soon

From 1 July 2016 you will be able to change the way your super is invested more frequently than you can currently.

At the moment, you are able to change the way your superannuation is invested once per month, with any change taking effect from the first day of the following month.

Many members have told us that they would like to be able to change the way their funds are invested without having to wait until the end of the month. As a result, from 1 July 2016 you will be able to do this weekly.

How weekly switching will work.

Changes you make will take effect from each Saturday. In order for a change to occur, you have until 11:59pm on the preceding Tuesday to submit your request online (via MemberAccess) or make sure your form reaches our administration office on that day.

You may change the way that your account balance and future contributions are invested, just the future account balance, or just future contributions. If you are changing the way your balance is invested, the balance will be calculated based on the latest crediting rates set by the Trustee.

How is weekly switching better than monthly switching?

When a member decides that they want to change investment strategy it may be important to them that the change occurs in a timely manner. Allowing switches to occur on a weekly basis will facilitate this. However, for most members, sticking to a long-term strategy is important.

As always, any decision regarding the way in which your superannuation is invested should not be taken lightly; therefore we recommend seeking financial advice before changing the way your funds are invested.

REAL LIFE



Jose Ferreira

Income protection helps Jose

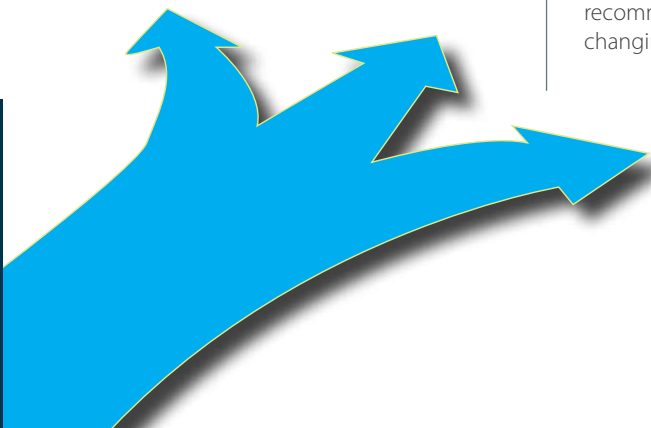
Jose Aparecido Ferreira and his wife, Maria Regian Palmeira Diaz came to Australia in May 2005 with their two children. They both secured work at the Beenleigh plant of Teys Australia soon afterwards—Jose as a boner and Maria in the packing area.

In his spare time, Jose works as a Pastor at the Assemblies of God church in Beenleigh, which is predominantly attended by expatriate Brazilians. It's a substantial role that consumes most of his time outside his work at the abattoir.

In November 2012, Jose began to experience pain. The pain grew so debilitating that he was eventually unable to walk or sit.

Jose's GP diagnosed him as having a perianal abscess, and he was referred to the Emergency Department at Queen Elizabeth II Jubilee Hospital in Brisbane, where he underwent surgery shortly afterwards.

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➔ continued from page 1

Income protection helps Jose

However, the surgery was not a complete success and the condition returned on two subsequent occasions. When the symptoms reappeared for a third time, the doctors decided a more aggressive style of surgery was required to ensure the problem did not recur.

Jose's post-surgery recovery required ten weeks leave. Despite Maria continuing to work, they initially found it very difficult to make ends meet without Jose's income. There were car loan repayments, insurances, rent, and all the normal day-to-day living expenses. They discussed their position with the bank and landlord; both were fortunately understanding of the position and agreed to give them time to pay their debts.

Eduardo Miranda, the Expatriate Support Officer at Teys Beenleigh, reminded Jose

of the income protection benefit available within his AMIST Super account and helped him complete the claim form. The benefit payments began soon after the expiry of the 30-day waiting period. Jose and Maria were most relieved that they could now meet their expenses.

After experiencing the financial difficulties from the loss of income his illness had caused, Jose wanted to ensure he and his family were protected against any other sicknesses or injuries that could keep them from working. So Jose and Maria both increased their income protection cover to provide 75% of their normal salaries.

Jose is now fully recovered and has left his problem in the past.



Meet Janine Dempsey

When you call the AMIST Super Hotline, there's a good chance you might get to speak with Janine Dempsey. Janine is a member of the dedicated team who are there to help you get the most out of your superannuation.

Janine joined the team when she moved from the Gold Coast in mid-2014. Her husband had secured a position working on the tunneling for the new Northwest Link project, so the whole family relocated to Sydney. An experienced call centre operator, Janine says she enjoys the culture of her work environment. "I enjoy meeting people and taking calls from members," she said. "It's a very personal job because you are there to answer questions and generally help members with their super."

When Janine got the job, she took extensive training to become familiar with the complexities of superannuation and she attends regular on-going training programs to keep on top of the frequent changes.

Janine has two grown-up children and will become a grand mother for the first time in April. She also dotes over her own baby, Harley, her pet Rottweiler. When she's not at work, Janine enjoys paddle boarding, golf and going out with her friends.

Client Services

Meet our team of service professionals.

Remember our Client Services Managers are here to help you get the most from your super. Feel free to contact them.



Steve Fleming,
National Manager,
Client Services on
0419 160 293 or
stevef@amist.com.au
for NSW and WA.



Catherine Chadwick,
Client Liaison Manager
on (07) 3233 6668 or
catherinec@amist.com.au



David Ashton
on 0434 043 785 or
davidas@amist.com.au
for QLD.



Debi Phillips
on 0400 072 454 or
debip@amist.com.au
for NSW.



Royston Bennett
on 0437 697 737 or
roystonb@amist.com.au
for WA, VIC, SA and TAS.



Leisa Sheffield
on 0407 919 796 or
leisas@amist.com.au
for QLD and NT.

How your money is invested.

Part 4: International Shares

It's a well known fact that AMIST Super has a reputation for the consistent delivery of solid returns over the long-term, but have you ever wondered how they decide where to invest your money? In the fourth part in our investment series, we spoke to **Murray Rutherford**, AMIST Super's Head of Investment, about International Equities.

SuperEssentials So what exactly are International Equities?

Murray Rutherford: International Equities are essentially shares in companies based overseas. Compared to Australian Equities, which are shares in Australian companies, International Equities are generally considered more risky because the assets are located in foreign countries and they are exposed to not only to the usual rise and fall of the market, but also to fluctuations in exchange rates. For example, even if the share price remains unchanged, the value of the international share in Australian dollars can fluctuate with exchange rates. So if the Australian dollar goes up against foreign currencies, the value of the International Equity will fall, and visa versa.

SE: So why do we invest in International Equities?

MR: Australian Equities are largely made up of the big banks and mining companies. But our economy is part of a much larger world. International Equities provide a greater and different opportunity to invest in other types of businesses in both established and



Murray Rutherford

emerging economies. For example, they offer a broad range of business sectors including technology, biotechnology and global retail brands in emerging markets such as China, Brazil and Russia and well as the established countries such as the USA, Europe and Japan.

When combined with other investment vehicles, a spread of quality International Equities contributes greatly to the diversity of the overall investment strategy and reduces the associated risk.

SE: How does AMIST Super decide what overseas companies to invest in?

MR: We use the skills of specialist investment managers who have experience and knowledge in particular markets and a strong, long-term performance record. There are basically two classes of international investment: first we invest in indexed funds

"When combined with other investment vehicles, a spread of quality International Equities contributes greatly to the diversity of the overall investment strategy."

which consist of a broad range of equities; then we engage specialist active managers who have the ability to identify international companies that are appropriate investment targets.

SE: So how do International Equities contribute to the Fund's returns?

MR: Here at AMIST Super, we believe that International Equities contribute to our investment objectives on three levels. First, they offer us exposure to industry sectors and geographic regions that are not available locally. Secondly, they help reduce the risk of volatility by adding to the diversity of investments. For example, while tech stocks might be up, local resources shares may be down. The fact that there's more than one investment vehicle smooths the returns. Thirdly, International Equities offer us the potential for enhanced returns by allowing access to growth markets, such as China or a particular industry sector that is likely to perform well.

SE: So are the members likely to recognize the names of the overseas companies AMIST Super invests with?

MR: Yes, absolutely. Many of them are famous global brands, such as Apple, Microsoft, Google, Exxon, Amazon and Nestlé just to name a few.

For more information about AMIST Super investment options, see our Investment Guide booklet which is available by calling the **AMIST Super Hotline**, or download it from the website.

Investment returns to 31 December 2015

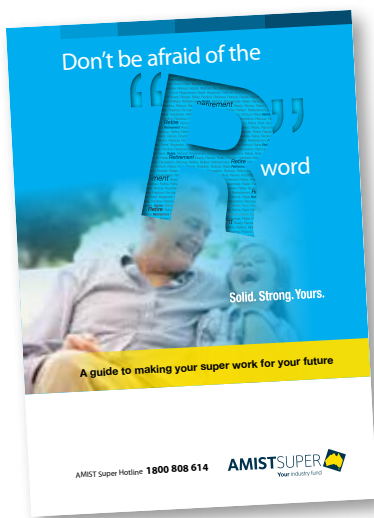
AMIST Super investment options From 1 July to 31 December 2015	Rate
MySuper	1.69%
Secure	1.04%
Capital Stable	0.77%
Balanced	1.69%
Growth	1.99%
High Growth	2.55%

With retirement around the corner, you don't want anything missing...

Superannuation is not something you think about much, and often it's a bit hard to get your head around. But once you're in your 50s, it's really important to make sure that every dollar of your super is working extra-hard to create the retirement you deserve. If only someone could explain it, simply, and make it happen.

We're here to help.

Call the AMIST Super Hotline and ask to speak to one of our qualified financial advisers. They can show you how you might increase your super, reduce your tax and maximise your investment selection for a more secure future. We've also produced a booklet that can help too. It's called **"Don't be afraid of the 'R' word", and it's full of handy hints and proven ways to boost your super savings. Call us for a copy and we'll mail it out to you.**



Be in control.

We can assist you to estimate how much money you might need to retire, what Age Pension you might be entitled to and how AMIST Super can assist to reach your goals as you move towards retirement. You can also find out whether a Transition to Retirement strategy is likely to work for you. It's quick, easy and all for your benefit.

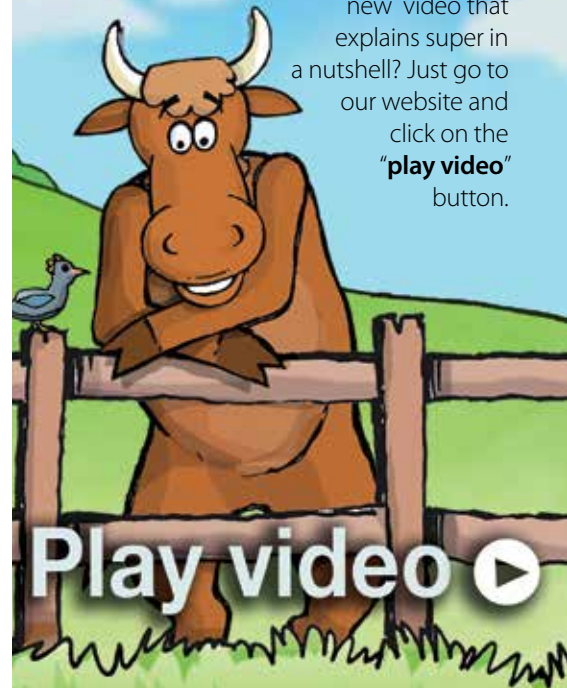
And don't forget to ask about the award winning AMIST Pension, which recently received the CANSTAR 5 Star Rated Award for Outstanding Value.

So make sure your super is on track. Let us help you take the worry out of your future. Start now, by calling the AMIST Super Hotline on 1800 808 614. It costs nothing to make the call because this level of advice is included as part of your membership.



Herd about Super?

Have you seen our new video that explains super in a nutshell? Just go to our website and click on the **"play video"** button.



Tongue-in-cheek...

Two cows were out in a field eating grass. One cow turns to the other cow and says, "Moooooo!" "Hey", the other cow replies.... "I was just about to say the same thing!"

source: www.jokes4us.com

Do you have questions?

If you have any questions about your AMIST Super membership, call the **AMIST Super Hotline 1800 808 614.**



Hop on the web for much more information

For all the latest information about AMIST Super, log onto www.amist.com.au. Get the latest news and results, view or download fact sheets and forms, and watch our video. It's all there to make super easier to understand.



Get MemberAccess on your smart phone

MemberAccess is our secure site that allows you to view and edit specific details about your super account. For example, you can:

- view transactions and your account balance
- check your investments and switch options
- edit your contact details
- find your BPAY information
- update your beneficiaries.

And if you haven't registered for this free service already, here's how to do it. Using your phone's web browser, go to **www.amist.com.au** and click on the red **MemberAccess** button. There's no need to download any app, the site will recognise that you're using a smartphone and will prompt you on how to bookmark it to your home screen. When this is done, you'll see the AMIST Super logo icon on your screen.



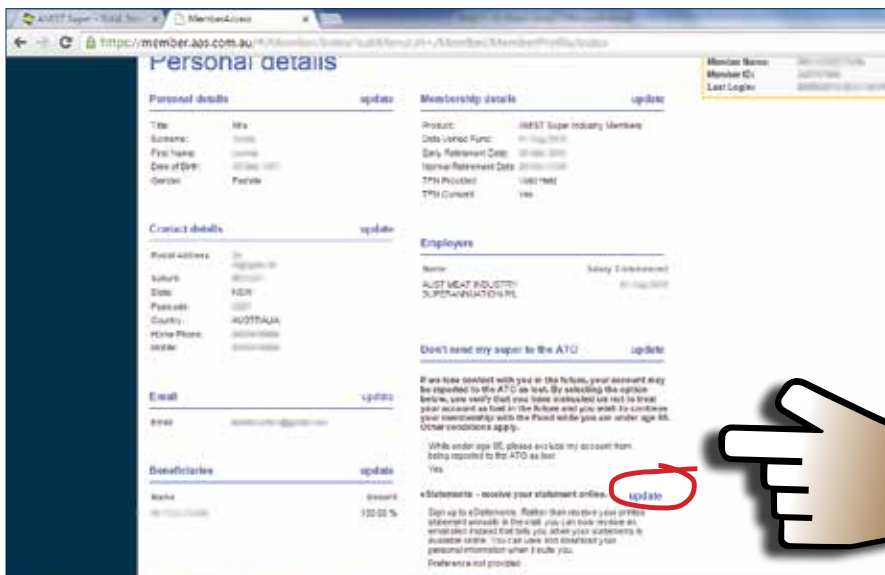
Tap on it to launch **MemberAccess**. Scroll down the page, press the **"register"** button and follow the registration instructions. It's that easy!

You can also register on your computer if you prefer. Don't forget to make a note of your password, so you can come back and check your super again and again.

Now you can get your statements online too.

AMIST Super has introduced **eStatements**. That means you can opt to receive your half-yearly and annual statement online, rather than in the mail. With eStatements, your statements will all be in the one place, making it easier than ever to keep track of your super. To opt into eStatements, simply log onto your MemberAccess account and click on 'Personal details' within the MEMBER menu.

At the bottom of the **'Personal details'** page (screen shot shown below) you will see the word **'update.'** Click on that to select the eStatements option. If you need some help, call the **AMIST Super Hotline** on **1800 808 614**.



AMIST Super is now on Facebook.

AMIST Super is now on Facebook. We'll be making regular posts 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.



Avrom wins quiz prize.

Congratulations to Victorian member **Mr Avrom Krinsky** for correctly answering the quiz questions in the last edition. Avrom wins the \$200 prize.



Are you still paying triple tax on your super? Stop it now!

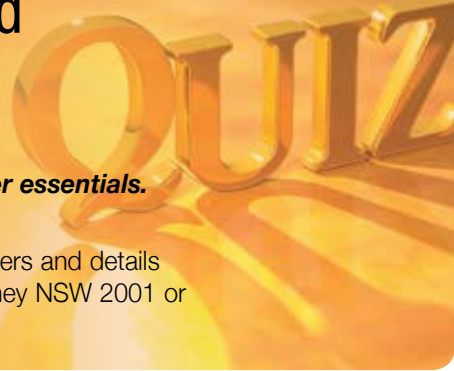
If we don't have your tax file number (TFN):

- You'll be paying the top rate of tax on all super contributions (rather than the normal 15%)
- You won't be able to make any extra contributions to your super,
- You won't be eligible to receive additional contributions through the Government Co-contribution scheme.

Plus, we're planning to run lost super searches and if we don't have your TFN, we won't be able to find any lost super you may have.

So go on! Call the **AMIST Super Hotline** or visit the website to give us your TFN and stop wasting your money today!

Take our quick quiz and you could win \$200!



How well do you know your super? You'll find the answers to these questions in this edition of **Super essentials**.

Entries close **30 June 2016**. Just send your answers and details below to: AMIST Super Quiz GPO Box 4293 Sydney NSW 2001 or Fax to: 02 9230 1111.

1. From July 1 2016, how often will you be allowed to switch investment options?
2. True or false: Trying to pick the right time to switch from one investment option to another is a risky practice. True False
3. Under the new switching arrangement, on what day do changes take effect?
4. Before coming to Sydney, where did Janine Dempsey live?
5. What kind of pet does Janine have?
6. How many children does Jose Ferreira have?
7. Name an emerging market country where AMIST Super would consider investing
8. Who is AMIST Super's Head of Investment?
9. How many investment options do we have?
10. Is it possible to access your AMIST Super account on a mobile phone? Yes No

Please be sure to write your name and contact details clearly.

Name: AMIST Super Member No:

Address:

State: Postcode: Phone:

Email:

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