

AMIST Super Hotline **1800 808 614**



Solid. Strong. Yours.

March 2014

Take a good look at the AMIST Pension

There are dozens of reasons why it pays to belong to AMIST Super. But just as important is the fact that AMIST Super is here to look after you throughout your entire life. So when it comes time to hang up the work gear, you can remain an important part of the AMIST family by moving to the AMIST Pension.

AMIST Pension is an account-based pension for people aged 55 and over who have retired from the workforce. But if you don't want to retire completely, you can use it to ease yourself into retirement with a Transition to Retirement (TTR) strategy. This allows you to commence a pension and draw down on it even if you are still working. For more information, download the TTR fact sheet from our website.

There are several things that make AMIST Pension special. First, AMIST Pension invests in the same investment options as AMIST Super, so you know you'll be getting

the same solid returns. And because you don't pay any tax on earnings in the AMIST Pension, you get to keep more of your savings for your retirement!

"...the point is to give you an income stream that makes your retirement more comfortable."

And just like AMIST Super, our Pension Plan's fees and charges are very low. In fact, AMIST Pension has been judged as having some of the lowest fees around by *Money* magazine for the past four years in a row. We've won other awards too for outstanding value. But in the end the point is to give you an income stream that makes your retirement more comfortable. And when you consider that after age 60, all income drawn from your AMIST Pension is completely tax-free, it's no wonder our pension members are happy.

So, when you start to think about your life after work, remember, AMIST Pension is here to help look after you.

Did you get a credit in your Income Protection premium?

If you noticed on your statement that your Income Protection premium for August 2013 is in credit, that will be as a result of a refund to members of a portion of the Income Protection Insurance Reserve.

We wrote to you last year letting you know that we decided to remove the reserve accrual that was previously in place under the Income Protection policy. This means a reduction in cost for this cover too. From 15 June 2013, 'Manual Workers' pay \$2.40 per week for the existing default cover of 4 units of Income Protection and for 'Office Workers', the premium has reduced to \$1.72 per week.

So now, AMIST Super Income Protection cover is even more valuable.



Small balances now stay with AMIST Super.

In the past, if your account balance with AMIST Super dropped below \$500 and no contributions had been received for at least six months, your account would be closed and your balance would be transferred to an Eligible Rollover Fund (ERF).

If this happened, not only would you no longer be a member of the fund, but any valuable insurance cover (such as life insurance, total and permanent disablement and income protection) you had as part of your membership would be cancelled too.

But from October 2013, member accounts under \$500 will no longer be transferred to an ERF but will remain within AMIST Super and continue to be managed in the usual way.

Importantly, this means that insurance cover will continue to be provided as long as there are sufficient funds in the account to pay the premiums.

Just have a look at your statement that was enclosed with this edition of *SUPER ESSENTIALS* to see where you are. If you've changed jobs since the last contribution sent to us, you can ask your new employer to make Superannuation Guarantee contributions to your AMIST Super account. We accept contributions from any employer, even if they're not part of the meat industry.

By doing that, you can remain a member of AMIST Super and enjoy the benefits of being part of a solid, Australian industry super fund.

Lost super? Here's how to find it.

Thousands of Australians lose track of their super, but it really is worth checking to see if you have any super that you've forgotten about.

To find out if you have any lost super, just visit the ATO website and use their free **SuperSeeker** service (www.ato.gov.au/superseeker) or give them a call on 13 10 20.

SuperSeeker will show you any super accounts in your name that have been reported as "lost" by a fund. You'll need your personal details and tax file number to do the search.

Denis wins quiz prize.

Congratulations to Victorian member **Denis Ogden** for correctly answering the quiz questions in last year's edition. Denis wins the \$200 prize.

AMIST Super wins award.

Last November, AMIST Super received another award for excellence in member communications at the Australian Institute of Superannuation Trustees annual awards night in Melbourne. The award was for last year's "Crying Man" tax file number campaign.



Adjusting insurance cover saves family from financial trauma.

When AMIST Super Client Services Manager, David Ashton, visited JBS Pty Ltd in Dinmore Queensland in October 2012, he met with members Tatiane Nogueira and her husband Fernando Silva. They wanted to review their level of Income Protection and decided to increase it so that it would cover them for the maximum 75% of their income. Naturally, this was a precaution that they hoped they would never need.

Two months later, Tatiane, Fernando and their 10-year-old son, Luiz, set out on a driving holiday in Queensland. Two days before Christmas 2012, they were involved in an accident near Rockhampton. The car careered off the road, colliding with a tree at high speed. The impact was so dramatic that all three occupants had to be cut out of the vehicle with the "jaws of life".

While fortunately there were no fatalities, the injuries sustained were substantial.

Tatiane broke her hip and was unable to return to work for most of the following year. Eight months after the accident she still has some discomfort, but is gradually improving.

Fernando fractured four vertebrae and was confined to a wheelchair for over two months, unable to walk. While he is now back on his feet, doctors predict he will not be fit enough to return to work until sometime in 2014. He remains uncomfortable and has regular sessions with the physiotherapist.

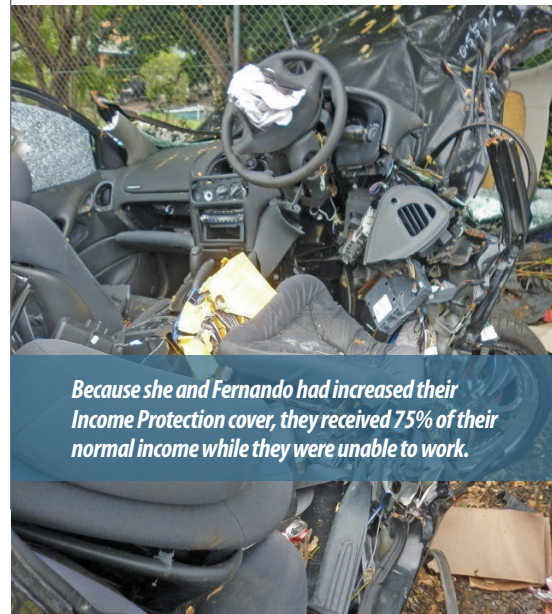
Luiz sustained head trauma and some brain damage and was airlifted from the scene to Royal Brisbane Children's Hospital intensive care unit. His mother joined him there a few days later.

The news was not good. Medical reports on the child's condition were devastating, indicating that the damage to his brain was such that it was unlikely he would ever regain the ability to walk or talk.

Miraculously, however, Luiz defied this prognosis and is today walking and talking once more. He is still undergoing physiotherapy twice a week, but is very much improved. He hopes to get back to playing soccer with his schoolmates very soon.

The AMIST Super Client Services team visited Dinmore the day after Tatiane returned to work. Because she and Fernando had increased their Income Protection cover, they received 75% of their normal income while they were unable to work. This meant that they were able to survive financially, which

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Rollover and relax. It's never been easier!

If you've ever tried rounding up your super and rolling it all together into the one fund, you'll know how complicated it can be... providing certified ID, getting things signed by a JP, it just went on and on.

But not anymore.

Rolling your other super into AMIST Super is now easier than ever. And all the red tape is gone too.

You have two options:

1. Go to www.amist.com.au and rollover online

Log in to MemberAccess, AMIST Super's member account area. Once logged in, you will see the menu option: Consolidate your super. Click on that option and follow the instructions to transfer your super to AMIST Super online. It's a really simple system to use – it couldn't be easier!

If you don't have a login for MemberAccess, simply call the **AMIST Super Hotline** on **1800 808 614** for a pin.

2. Go to www.amist.com.au and download a form

Click on the 'Forms and publications' menu on the right hand side of the home page.

Scroll down the 'Forms' list and select the Rollover form.

Print it off, complete and sign it, send it to us and we'll do the rest. Or if you'd rather, just call the **AMIST Super Hotline** on **1800 808 614** and we can get it happening for you.

Remember, if you're a member of several super funds, you're potentially losing money because each fund is charging you fees. That's why it may make sense to roll all of

your super into AMIST Super. One fund with low fees and competitive returns means your super is easier to manage. You should do a bit of homework on your old fund before you roll it over to ensure you don't lose any benefits, or get stung by excessive exit fees or penalties. We can assist you with this so call the **AMIST Super Hotline** on **1800 808 614** and we'll be happy to help.

Plus, if you have insurance cover with any of your previous super, you can apply to have a similar level of cover with AMIST Super. AMIST Super has very competitive insurance for the meat industry because we understand how important it is for you to have the right insurance cover.

So why not save your super by rolling it over to AMIST Super today?

... a few steps to help towards ensuring all your super is rounded up.

Market update



AMIST Super's Chief Investment Officer, Megan Pham, explains the improvement in market confidence in the past year.

2013 was another good year for investors with solid returns from global and domestic shares and good performances in most other asset classes. Fear of a US fiscal cliff, concerns over a potential rise in inflation and a significant slowdown in the Australian economy did not happen. Instead, global growth improved on the back of low inflation and low interest rates.

The US Federal Reserve has announced that they will start reducing US monetary stimulus. This has caused bouts of market uncertainty but should be viewed positively as it indicates the US economy is recovering.

Back home, the Reserve Bank of Australia cut the official cash rate to 2.5%. It continues to remain at record lows. There has also been significant improvement in the housing sector, suggesting a renewed interest in property as a result of the rate cuts.

These positive performances both here and overseas have driven solid returns across the AMIST Super investment options for the six month period ending 31 December 2013. This includes a particularly strong result for the AMIST MySuper option.

6 month returns to 31 December 2013

AMIST Super investment options	Interim rates 1 July to 31 December 2013
Secure	1.41%
Capital Stable	3.97%
MySuper (Default Investment Option)	9.26%
Balanced	9.26%
Growth	12.28%
High Growth	17.08%

If you have never made an investment choice your account balance and contributions will be invested in the MySuper option.

MySuper is now our default investment option.

If you haven't specifically selected an option for the investment of your super, your contributions and account balance are invested in AMIST MySuper. Members who make their own investment choices are unaffected by this.

Remember, AMIST Super has always offered low-cost super with consistently strong returns and great insurance benefits. AMIST MySuper is another investment option we offer, providing good value, low fees and our trademark solid returns. Please note that currently the asset allocation and investment returns for AMIST MySuper are identical to the Balanced Option.

If you have any questions about AMIST MySuper, please call the **AMIST Super Hotline** on **1800 808 614**. If you'd like to consider your investment choice options, visit www.amist.com.au and take a read through our Investments section.

If you work in an office, you could be paying too much for your insurance cover.



Did you know that if you work in an office, rather than being in a manual occupation, you're probably entitled to cheaper premiums for Income Protection, plus a higher level of Life Insurance and TPD cover than a manual worker?

But according to our records, of the tens of thousands of members who receive insurance, less than 700 have identified themselves as office workers and are benefitting from the reduced premiums.

Surely, we have more office worker members than that!

Because insurance is offered to members automatically, the insurance policy assumes members are manual workers unless a member tells us they are an office worker. So if you are an office worker and you haven't told us, you're probably paying too much for your insurance.

Let us know now.

If you have the default level of insurance cover, that's 2 units of life insurance, 1 unit of TPD and 4 units of income protection, you'll be paying \$6.50 per week as a manual worker. But if you're actually an office worker, your premium would be only \$5.82 per week.

So if at least 75% of your job is office work, go to www.amist.com.au, download the "Office Worker occupation declaration" form, fill it out and send it back to us. Alternatively, call the **AMIST Super Hotline** on **1800 808 614** and we'll assist you.

It's really worth saving the money.

Changes to investment objectives for Growth and High Growth options

AMIST Super constantly monitors and reviews the objectives of its investment options based on current circumstances, forecasts and the advice of our consultants. After a review in late 2013, and in light of investment market conditions, it was decided a revision of the objectives of the Growth and High Growth options was in the best interests of members.

From 1 January 2014, the investment objectives are as follows:

Investment option	Long-term objectives
Growth	Inflation plus 3% over rolling ten-year periods
High Growth	Inflation plus 4% over rolling ten-year periods

In order to achieve the previous target returns in the current environment, it would have been necessary to make more high risk investments and the Trustee decided this was not appropriate.

No changes have been made to the investment objectives of any of our other options.

Do you have questions?

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

hop on the web!

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



Changes to Asset Allocation

Asset allocations are the percentage of funds to be invested in each asset class. The Trustee regularly reviews these allocations and several changes have been made since 30 June 2013 for investments in the Capital Stable, Balanced and Growth Options. We have also revised the estimated probabilities of each option having a negative return. The details appear below:



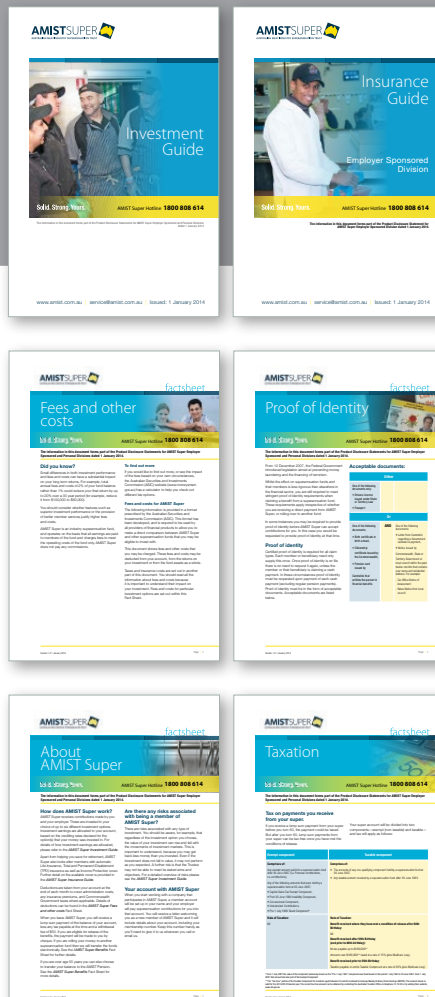
Asset Class	Capital Stable Option		MySuper and Balanced Options		Growth Option	
	Target Asset Allocation Range	Benchmark Asset Allocation	Target Asset Allocation Range	Benchmark Asset Allocation	Target Asset Allocation Range	Benchmark Asset Allocation
	Target Return: Inflation plus 1% over rolling ten year periods Estimated probability of a negative return: 0.9 years out of every 20 years		Target Return: Inflation plus 2% over rolling ten year periods Estimated probability of a negative return: 3.2 years out of every 20 years		Target Return: Inflation plus 3% over rolling ten year periods Estimated probability of a negative return: 4.6 years out of every 20 years	
Australian Shares	5% - 15%	10%	23% - 40%	30%	35% - 45%	40%
International Shares	0% - 15%	5%	12% - 30%	15%	25% - 40%	30%
Direct Property	5% - 22%	10%	10% - 22%	15%	5% - 15%	10%
Alternative Investments	0% - 12%	5%	0% - 15%	10%	0% - 12%	5%
Australian and Overseas Fixed Interest	25% - 65%	55%	10% - 32%	25%	5% - 18%	13%
Cash	Balance	15%	Balance	5%	Balance	2%

New brochures and fact sheets now available

To make your super easier to understand, AMIST Super has created a new range of fact sheets and booklets.

Each publication concentrates on a particular aspect of your super and explains it in easy-to-understand language. There's a booklet about insurance, another that deals just with our investment options, plus a whole selection of fact sheets that answer just about every common question.

All of these publications are now available from our website under the title "Incorporated by reference fact sheets and guides". The insurance and investment guides are also available in printed form, so if you'd like a copy, just call the **AMIST Super Hotline** on **1800 808 614**.



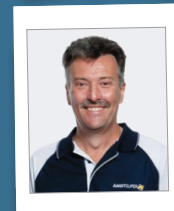
Client Services

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.



Royston Bennett on
0437 697 737 or
roystonb@amist.com.au
Client Services Manager
for Vic, SA and Tas.



David Ashton on
0434 043 785 or
davidas@amist.com.au
Client Services Manager
for QLD and NT.



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

Melinda Gibson, manager of the Client Services team, is currently on maternity leave.

continued from page 2

REAL LIFE

Adjusting insurance cover saves family from financial trauma.

provided some relief during an otherwise very difficult time.

"Without this insurance, I don't know how we would have survived!" Fernando said. "I will tell everyone I see how great this is. Thank you, AMIST Super, for adding this feature into all members' superannuation accounts."

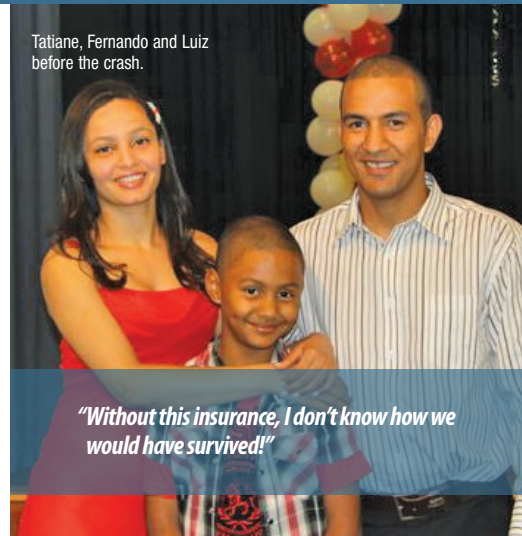
Tatiane was also very complimentary about the service she received from the Australian Income Protection case manager. "Lynn was lovely and very helpful," she said.

While things are not quite back to normal yet for Tatiane and her family, they are very

confident they will all recover fully.

Tatiane and Fernando's experience is yet another illustration of the importance of reviewing your insurance cover regularly and adjusting it to make sure you are properly and adequately covered. Had Tatiane and Fernando not increased their Income Protection cover to match their pay, the financial outcome after their accident would not have been as favourable.

To find out more about matching your insurance to your income, call the **AMIST Super Hotline on 1800 808 614.**



Tatiane, Fernando and Luiz before the crash.

"Without this insurance, I don't know how we would have survived!"

Take our quick quiz and you could win **\$200!** How well do you know your super? You'll find the answers in this edition of *Super Essentials*.



Entries close 30 May 2014. Just send your answers and details below to: AMIST Super Quiz GPO Box 4293 Sydney NSW 2001 or Fax to: 02 9230 1111

1. Where does Tatiane Nogueira work?

.....

2. In which city were the Australian Institute of Superannuation Trustees awards held?

.....

3. What does "ERF" stand for?

.....

4. What is the new investment objective for the Growth option?

.....

5. True or false: Insurance premiums are more expensive if you work in an office?

6. True or false: Income drawn from an AMIST Pension after 60 is tax free?

7. How much does the default level of Income Protection cost per week if you are a manual worker?

8. What was the Balanced option's 6 month return to 31 December 2013?

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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AUSTRALIAN MEAT INDUSTRY SUPERANNUATION TRUST