



RE IMAGINED | ISSUE TEN | AUGUST 2021

BIG Story

A Beautiful Soul

THAT WILL NEVER BE FORGOTTEN

**A tribute to Denzyl Petersen by Yolanda Botha
(Group Financial Manager)**



When a person is kind and good, they will never be forgotten.

They will remain in our hearts and forever be a part of our lives.

Wednesday 23 June was a very sad day. It was the day that we heard that Denzyl, our colleague and friend, lost his battle against the Covid-19 virus.

The entire team was deeply saddened by the sudden loss of this beautiful soul.

Denzyl was a kind and friendly person. He was always willing to lend a helping hand – not only at the office, but in his personal capacity as a loving father, husband, and friend.

This was even more evident at his memorial service, where countless people showed up to pay their respects (in person and over Zoom).

The quality which everyone mentioned, is that Denzyl was someone who cared deeply for those around him and were always eager to assist – whether in a big or small way.

Our hearts go out to Heidi and their two children, Carol-Ann and Aiden, who are grieving for their late husband and father. The office also feels a little emptier without Denzyl's hearty laugh and joking demeanour. He was also considered as the "Early Bird" within the team. He would consistently start working at 6am each day to ensure that he got an early start on everything that needed to be done for the day. I know I speak on behalf of the entire Crown family when I say that he will be dearly missed.

Denzyl will live forever in our minds and hearts and will never be forgotten. He made a huge contribution to the Finance team, and we are very grateful for that. As we work through the grief of this loss, it is encouraging to know that we have many fond memories of the good times we shared with this wonderful human being. May he rest in peace, and may God bless his family.



Puzzle Challenge

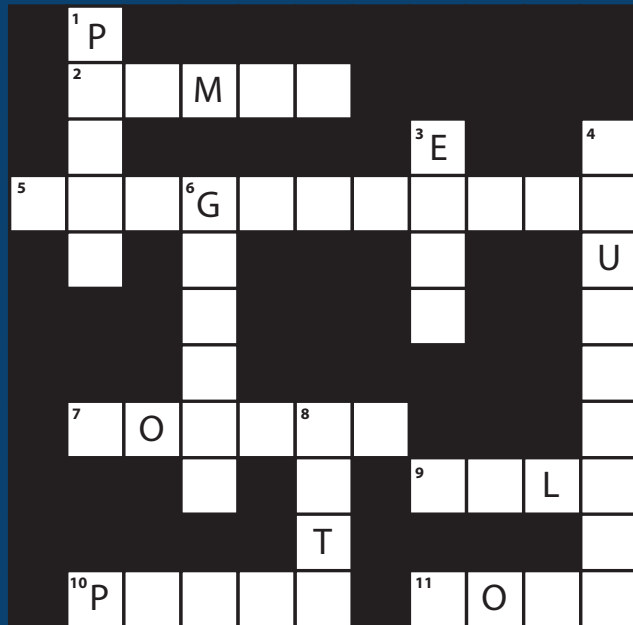
ARE YOU READY FOR
SOME WORD CRUNCHING?

Across

- 2 Boerewors Batch Pack
- 5 Our Bestselling BBQ seasoning
- 7 Brand name for our HMR range
- 9 This herb pairs well with seafood and fish
- 10 Meisterclub marinade with yellow strip
- 11 Chief Choice Induna - is it a Wors or Boerewors?

Down

- 1 Protection of Personal Information Act abbreviation
- 3 Name of Brand Manager who started the Crown Chronicle Newsletter
- 4 Latest rugby team to be sponsored
- 6 Crown National branch in the Western Cape beside CPT
- 8 Brand name for our Bandsaws



Puzzle Answers: Across – 2-Oumas; 5-Sixgungilli; 7-SoGood; 9-Dill; 10-Prego; 11-Wors
Down – 1-POPIA; 3-Eric; 4-BlueBull; 6-George; 8-OKTO

Congratulations

to The Acres Spar PE for winning a
Tray Sealer at our **So Good Winter Warmer**
Competition



CROWN NATIONAL

United We Spice

UNITED WE STAND



"A big shout out to our Crown family for the great teamwork to get our Cornubia distribution warehouse in KZN open for business. A great example of our dedicated staff living our slogan of *"We're here to help"*!"

WE'VE ALWAYS GOT

Your Back

**OHS INFORMATION TOPIC
YOUR SAFETY COMES FIRST**



Low back pain is a very common health problem worldwide and a major cause of disability - affecting performance at work and general well-being. Low back pain can be acute, sub-acute, or chronic.

Though several risk factors have been identified (including occupational posture, depressive moods, obesity, body height and age), the causes of the onset of low back pain remain obscure and diagnosis difficult to make. Back pain is not a disease but a constellation of symptoms.

In most cases, the origins remain unknown.

Follow these tips to avoid compressing the spinal discs or straining your lower back when you are lifting:

- Keep a wide base of support. Your feet should be shoulder width apart, with one foot slightly ahead of the other (karate stance).
- Squat down, bending at the hips and knees only. If needed, put one knee to the floor and your other knee in front of you, bent at a right angle (half kneeling).
- Keep good posture. Look straight ahead, and keep your back straight, your chest out, and your shoulders back. This helps keep your upper back straight while having a slight arch in your lower back.
- Slowly lift by straightening your hips and knees (not your back). Keep your back straight, and don't twist as you lift.
- Hold the load as close to your body as possible, at the level of your belly button.
- Use your feet to change direction, taking small steps.
- Lead with your hips as you change direction. Keep your shoulders in line with your hips as you move.
- Set down your load carefully, squatting with the knees and hips only.