

THE PARK WITH WP WOMEN'S CRICKET

We are bowled over to announce our sponsorship of the Six Gun Grill® Western Province Women's Cricket. We look forward to batting and fielding some sensational Six Gun stunners. #SixGunGrill #WPWomensCricket













FOR THE FESTIVE SEASON

Durban was delighted to meet Zinhle's gorgeous son, Skhanyiso, meaning "Gift of Light". According to Mom, this little 4th August baby sleeps through the night, never causes any trouble, and adores his Dad, Nathi and big brother Nhlalonhle. And it's not just Mom who thinks he is a bundle of joy. We all do!











TOPIC: WHAT TO DO IN AN EMERGENCY



Poor housekeeping can result in three common hazard types.

Slip, trip, and fall hazards: When objects, materials, and hardware are not appropriately put away, workers will undoubtedly stumble over them. Dangerous conditions are caused by water or oil being left on the floor.

Strain and sprain hazards: When heavy or awkward objects are placed on the floor and need to be picked up by a worker it creates a risk for injury. Due to unnecessary lifting, injuries and strains can happen.

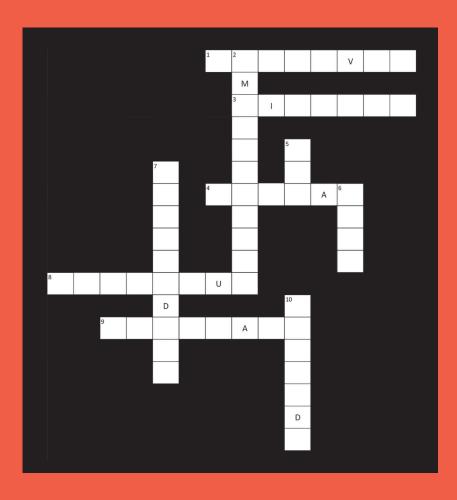
Laceration hazards: It is common to find many sharp items in the workspace. When they are not properly stored away, this creates a huge risk for laceration injuries as sharp tools can slice through a glove or clothing and injure a worker.

The minor injuries that result from poor housekeeping simply do not have to occur. In fact, they are 100% preventable. With your help, we can take action to eliminate them and keep our colleagues injury-free.





ARE YOU READY FOR SOME WORD CRUNCHING?



ACROSS

- One of the leading brands for vacuum packaging machines in the world
- 3 A boerewors that has a rich, tangy flavour and good colour
- 4 Just the way grandma made it!
- 8 Big boss pizza with Six Gun Grill® spice and sauce
- 9 CIS was recently awarded the raw material supplier of the year by

DOWN

- We aim to empower our talented people to take the initiative and do what's right
- 5 The best biltong as voted by 1 million listeners
- 6 Was established as South Africa's national standardisation body
- 7 New home ground stadium for the DHL Stormers
- 10 Become a legend in your own right with this top-selling wors blend

PUZZLE ANSWERS: *NOV ISSUE PUZZLE ACROSS

- 1 VSTEDUO
- 2 SANH
- 4 INNOVATION
- 7 ARCOS
- 9 POLOKWANE

DOWN

- 3 SOMETHINGCHUNKY
- 5 PROTEIN
- 6 REDARROW
- 8 SWDCRICKET
- 10 ALLERGEN



INGREDIENTS

3kg Chicken Breast Fillets

500g Onions

1kg White Button Mushrooms

50ml Sunflower Oil

250g Cheese Sauce Mix (SO GOOD)

2L Water (Potable/filtered)

250g Italian Tomato Base (SO GOOD)

500g Pancake Mix (SO GOOD)750ml Water (Potable/filtered)150g Grated Cheese Mix

METHOD

- Defrost the chicken breast fillets in a red (raw meat) container in the fridge overnight.
- 2. Pre-heat the oven to 180°C.
- 3. Dice the chicken breast fillets on a red (raw meat) cutting board.
- 4. Peel and chop the onions on a brown (vegetables) cutting board.
- 5. Clean and slice the mushrooms on a brown (vegetables) cutting board.
- 6. Heat the oil in a pot and cook the onions until soft.
- 7. Add the cubed chicken and cook until it turns white.
- 8. Add the sliced mushrooms and fry for \pm 2 minutes.
- 9. Whisk the cheese sauce mix with 1 L water and add to the pot. Bring back to the boil.
- 10. Whisk the Italian tomato base with 1 L water in a pot and bring to the boil.
- 11. Whisk the pancake mix with 750 ml water and bake the pancakes.
- 12. Fill each pancake with some chicken mixture and layer in a baking dish.
- 13. Pour the Italian tomato sauce over and sprinkle with grated cheese.
- 14. Bake in the pre-heated oven or \pm 15 minutes or until golden brown.
- 15. Garnish and serve.





SO FAR. SO GOO



It's always a joyous occasion when **HMR** conducts training for the Spar Group on

























WHAT WENT DOWN ON

colin **THISMONTH?**



#SivCunGrill #SWD





Read full article - https://bit.lv/3Dql0rd





#Yesvember #PizzaHut #SixGunGrill





Retail Jimmy's Sauce Burger

Six Gun Grill





