



**CROWN
CHRONICLES**

ABOVE & BEYOND | ISSUE 28 | MAY 2023

New2 Buzz

BIG Story

HARD WORK IS THE

Secret Formula

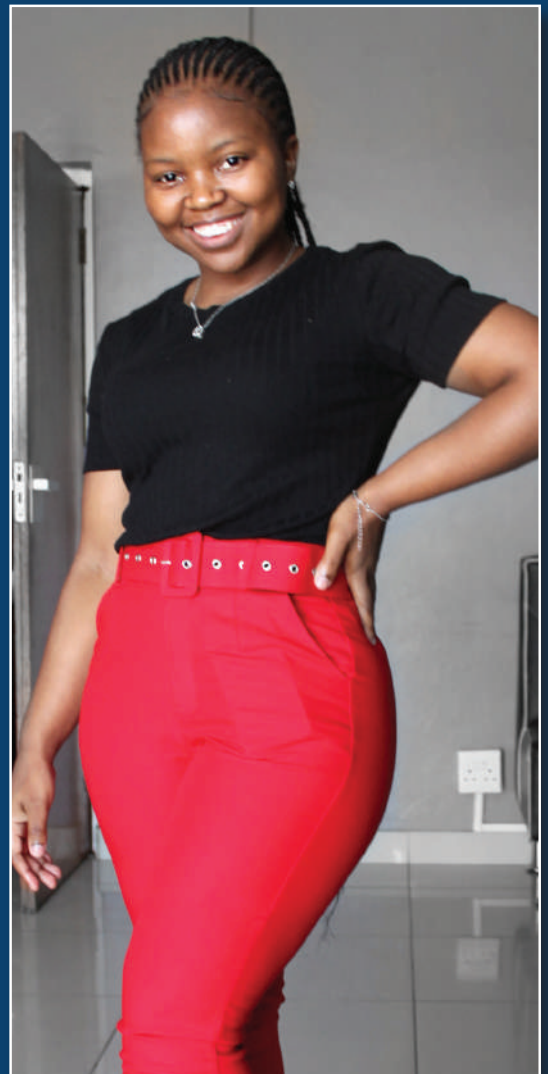
TO SUCCESS

PERSEVERANCE & HARD WORK PAYS OFF

"Hi, I'm Baphiwe Luthana. I have an undergraduate qualification in Environmental Management, and am currently pursuing Postgraduate studies in Environmental Management.

I joined Crown National in April 2022 as a Safety, Health, and Environmental intern. Working in a company that provides career advancement with the opportunity to use my skills and theoretical knowledge has always been a dream for me. I'm grateful to my managers for allowing me to explore all aspects, steering me in the right direction and encouraging me to do what I enjoy, while simultaneously gaining experience and knowledge in the field of Health and Safety. With just one year as an intern under my belt, I have been promoted to a Safety, Health, and Environmental Officer and I am forever grateful.

The Health and safety sector is not only my job, but my passion. Crown has helped me realise this passion by enhancing my knowledge, giving me confidence, and supporting my career progression, whilst also providing me with a platform to continue my educational journey."



An Egg-septional EASTER

Crown National showered its staff with some delicious treats for Easter Celebrations





IT'S Tee-Off Time

FOR CROWN NATIONAL GOLF DAY IN THE FREE STATE

In line with our #WeAreHereToHelp passion about making a difference by caring for the community, we are proud to have organised the Crown National Golf Day in the Free State at Tempe Golf Club. The event was in aid of raising funds for the Free State residential care centre for the mentally challenged and disabled adults. What a fun day it was!

We also facilitated an area where they sold products made at the centre.





SUPER SCHOOLS

Netball

POWERED BY SIX GUN GRILL®



Crown National was proud to be a sponsor of the Super Schools Netball hosted by La Rochelle Girls' High School in Paarl, Western Cape. We are very grateful to the Cape Town branch who availed themselves for this event and served 1 200 meals to all participants.



TOOLBOX TALK

FROM THE

OHS *Corner*

TOPIC: ALCOHOL CONSUMPTION

To optimise production, we must take every step to ensure safe and secure conditions for everyone who has access to the the working environment. With the aim of preventing unnecessary injuries and property damages caused by excessive alcohol consumption, Crown National will be creating greater awareness around substance abuse and implement alcohol testing, where required.

Alcohol consumption reduces the ability to think clearly. This not only affects productivity but can be a potential health and safety risk to both the self and other people. Alcohol consumption leads to fatigue, lack of focus and irritability which may lead to:

- Absenteeism
- Labour conflicts
- Horse play
- Poor performance
- Increased equipment or product damage
- Poor decision making
- Fatal injuries
- Greater number of work accidents
- No persons should come to work under the influence of alcohol.

In the event of excessive absenteeism at work, strict measures for alcohol testing on employees will be implemented.





IN THE KITCHEN WITH

Chef Vaatjie

Six Gun Grill® Brie and Spring Onion Garlic Bread

Ingredients

- 1x Ciabatta
- 3x Spring Onions Chopped
- 100g Grated Gouda
- 1 Brie or Camembert Cheese
- 2 tbsp Garlic Crushed
- 5 tbsp Butter
- 1 tsp Parsley
- 1 tsp Six Gun Grill® Seasoning
- Foil

Method

- Cut the loaf in slices but not through.
- Mix Six Gun Grill®, garlic, parsley and butter together.
- Spread bread with butter on all slices, both sides, fill with Brie cheese, Gouda, and spring onion.
- Wrap the bread in foil and braai or cook in an oven at 160°C for 15 – 20 minutes.



ANOTHER CHEF VAATJIE SENSATION

Fully Loaded Potato Salad with Biltong

Ingredients

- 2Kg Potatoes
- 125 - 250g Sliced biltong
- 2 Onions, chopped
- 1 Green sweet bell pepper, seeded and chopped
- ¼ Cup Cheddar cheese, grated
- 3 Eggs, boiled and sliced
- 3 tbsp Meister Club Garlic
- 3 tbsp Mayonnaise
- ¼ Cup mustard
- ¼ Cup chutney
- Six Gun Grill® for seasoning
- 1 tsp Dried or 1 tbsp fresh parsley, chopped



Method

- Boil the potatoes in their skin until tender.
- Skin and slice the potatoes and place into a serving dish.
- Fry the onions and green bell peppers in a pan with olive oil until onions are transparent. Scatter over the potato slices along with sliced Safari Biltong, cheese and egg.
- Mix all the dressing ingredients and stir into the potatoes. Season with Six Gun Grill®, enjoy!



“Presents Sif Food Solutions”

Sif Food Solutions are the producers of functional collagen solutions (collagen powders), that are used in meat products, (restructured ham), emulsion products (as polonies and viennas) and wors, all showcased at our meat pilot plant.

RESTRUCTURED HAMS



VIENNAS, BURGERS AND WORS

