



CROWN CHRONICLES

ABOVE & BEYOND | ISSUE 29 | JUNE 2023

New2 Buzz

WHAT HAPPENS IN Vegas... **BIG Story**

STAYS A MASSIVE WIN!

CROWN FOOD GROUP WINS WORLD CLIENT OF THE YEAR AT LMI INTERNATIONAL CONVENTION!



Crown National's commitment to provide employees with opportunities for personal development recently culminated in the company being awarded World Client of the Year at the recent Leadership Management International (LMI) convention in Las Vegas, Nevada.

The LMI programmes help realise personal leadership potential by building on personal strengths and improving the self-image of enrolled individuals. The programme helps to develop leaders and create a passion for success and achievements.

Earlier this year, Crown Food Group was named as the LMI SA Client of the year in South Africa and was then nominated for LMI World Client of the year. For this award, we competed with businesses from more than 90 countries for the title of World Client in Leadership Development.



Crown's HR Executive, Neal Mackriel, travelled to the world convention to represent Crown Food Group. Upon accepting the award, his presentation adopted the theme of "Rise", which was inspired by the lyrics of the famous Calum Scott song, and which talks to Crown's objective in enrolling in the LMI programme: to assist its employees to "Rise" and reach even greater heights than they previously imagined.

Crown Food Group is incredibly proud to receive this amazing accolade and recognition.

LMI Programme

TESTIMONIALS

The LMI EPL journey taught me that there is a balance in life. Life is not just there for work, but also for family, and the EPL assisted me in finding that balance. It helped me to realise that I cannot control everything, but I do need people; and people need to be empowered to tap into their potential.

Johan De Beer
Commercial Supply Chain Executive

I lead a team with very diverse personalities that can be quite challenging. The LMI programme equipped me with the knowledge and tools to lead this team more effectively and to lead with empathy. Focusing on each of our strengths has changed the team dynamics, facilitated personal growth, a stronger team, better results and better efficiencies.

Natasja Erasmus
Manufacturing Supply Chain Executive

LMI's Effective Personal Leadership is a blueprint for achieving desired outcomes and goals that we often regard as near impossible. The LMI's Leadership Development Programme is an impressive approach to help one ground imagination into reality.

Reuben Govender
**Executive Director: Regulatory Affairs,
Compliance and Food Safety**

LMI taught me to believe in myself more, focus on a balanced lifestyle and how to deliver better results if I allow myself to be my true authentic self.

Peter Nordejee
Marketing & E-Commerce Executive

I lost my wife in August 2021 due to Covid. Slowly but surely the methodology of the EPL programme enabled me to refocus and regain purpose. The 'total person' approach made me realise that I must give attention to all spheres of life, not only career and family. Setting down short-term personal goals, in writing and with clear timeframes, helped with the refocusing. And lastly, writing down the dream list and life mission statement reignited a sense of purpose for my life.

Neal Mackriell
HR Executive

Highlights

of Crown National teams that participated in the LMI programme

Crown National is extremely thankful to all the participants who shared their life experiences and vision. We hope that these stories will make an impact in other peoples' lives.

**CROWN
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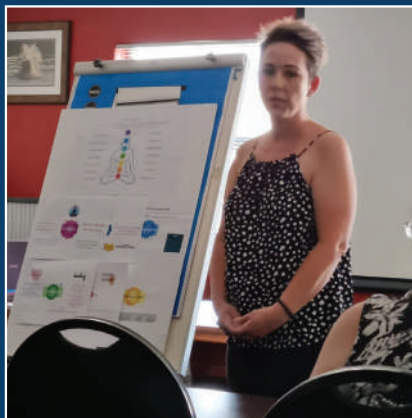
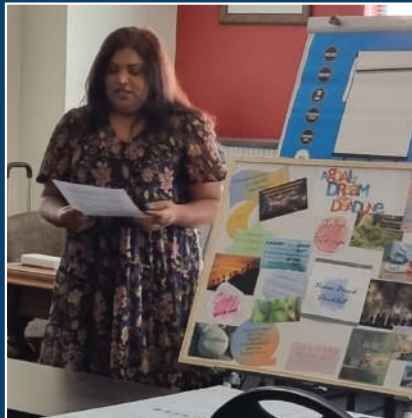


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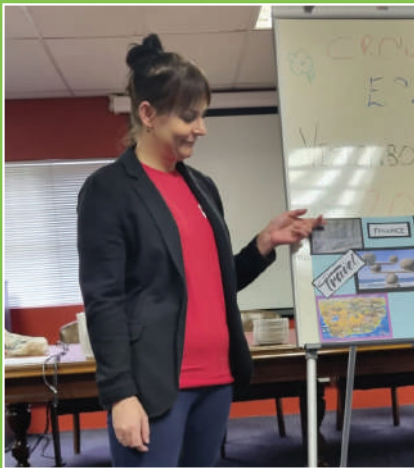


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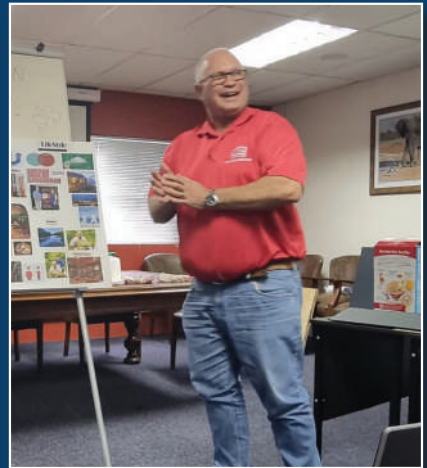
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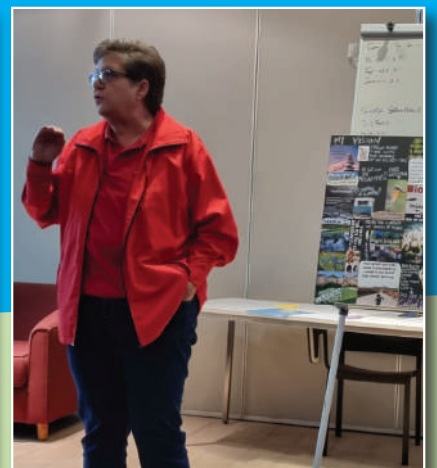
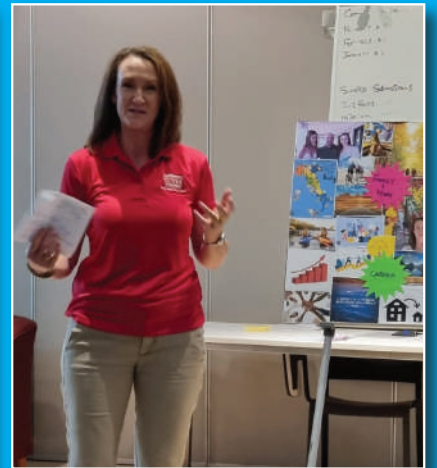
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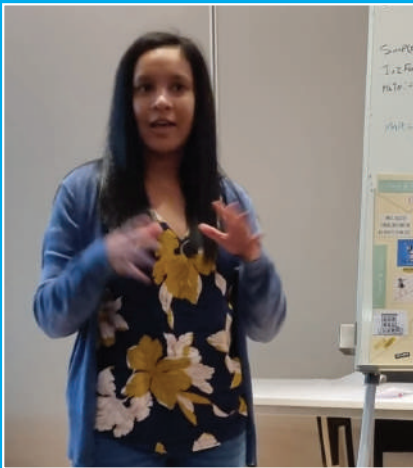
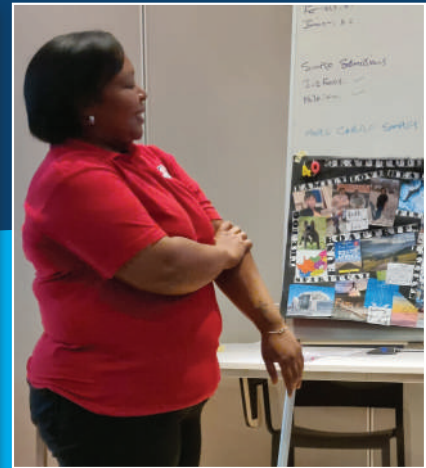
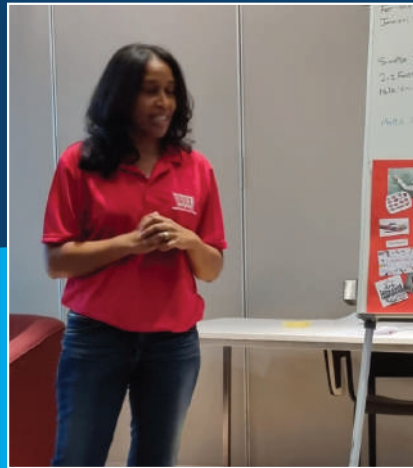


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Cape Town





Empowerment

We aim to empower our talented people to take the initiative and do what's right, we encourage our teams to act independently with great freedom, self-sufficiency, self-reliance, and the ability to make most decisions autonomously.

Coastal





IN THE KITCHEN WITH

Chef Vaatjie

Six Gun Grill® Prego Steak

Ingredients

- 6 Fillet Medallions
- 6 Prego Rolls
- ½ Cup Meisterclub Prego Sauce
- ½ Cup Meisterclub Garlic Sauce
- Six Gun Grill® for seasoning
- 6 x Slices of Cheese

Method

- To make the marinade, mix the Prego Sauce, Garlic Sauce and Six Gun Grill® and set 6 x teaspoons aside.
- Marinade the pregos in the remaining marinade.
- Cook the pregos over a hot skillet for one minute per side.
- Place the steak on a roll, followed by some cheese and a teaspoon of sauce.
- Enjoy.



TOOLBOX TALK



FROM THE OHS Corner

TOPIC: FIRE EXTINGUISHER

In the event of fire one should be aware of the type of fire, and fire equipment required, as well as the escape doors and the location of fire equipment. The trained personnel should know how to extinguish the fire.

THE TYPES OF FIRES

Everyone should be aware of different classes of fires and the guidelines to put them out.

Class A: This class consists of standard combustible materials such as paper, wood, cloth, plastic or rubber. This type of fire can be put out using a Fire Extinguisher and Water.

Class B: This class involves flammable liquids, grease or gases, and can be extinguished with a Fire Extinguisher or Carbon Dioxide.

Class C: This class involves electrical fires. Even when the electrical fire involves burning agents listed in Class A, this fire must only be put out with a Dry Chemical Extinguisher Agent.

Class D: This class involves burning combustible metals such as Magnesium and Sodium and can only be put out with a Dry Powder Fire Extinguisher.

WHAT TO DO IN THE EVENT OF A FIRE

- Pull the alarm, followed by calling the emergency services.

- Activating the fire alarm will activate the worksite evacuation plan.
- Circumstances permitting, attempt to extinguish fire with the Fire Extinguisher.

However, ensure that you know the class of fire, that the fire is not out of control, and that you are trained on how to use the Fire Extinguisher.

P.A.S.S METHOD OF USING FIRE EXTINGUISHER

The P.A.S.S method equips one to safely and effectively use the Fire Extinguisher.

Each letter represents one of the steps:

P - PULL the pin. Grab the Extinguisher, hold it away from your body, and release the lock pin.

A - AIM the Extinguisher towards the base of the fire, and NOT on the flames or smoke.

S - SQUEEZE the lever slowly while it is pointed at the base of the fire.

S - SWEEP the Extinguisher from side to side while squeezing the lever until the fire is out.

While the P.A.S.S. method may effectively put the fire out, Fire Extinguishers do have limitations. If the fire is larger than the trash can, do not attempt to use the small or standard Fire Extinguisher.