

# GREEN POWER BOOST

CROWN FOOD GROUP MANUFACTURING PLANT INSTALLS  
SOLAR PANELS FOR SUSTAINABLE ENERGY SOLUTIONS



**BOOSTING WITH**

**2232**

**CANADIAN  
SOLAR PV  
PANELS**











Initiated in 2021, our ambitious venture into implementing a large-scale grid-tied solar array at our Cape Town factory has culminated in a remarkable milestone. Following meticulous research and procurement processes, we finalized partnerships and swiftly navigated through bureaucratic procedures. By August 2022, armed with quotes from three suppliers, we joined forces with Sinani Energy to spearhead the installation. After submitting the SSEG application to the City of Cape Town, construction commenced in November and concluded triumphantly on March 7, 2024, following rigorous compliance tests....says Thys Dreyer – Engineering & Project Manager CFG

Thys continues to say...While the dry plant segment was completed by December 22, seamlessly connecting the PV supply to our main bus bar, unforeseen challenges emerged during wet plant construction. Delays ensued due to external conflicts affecting cargo transportation, postponing delivery by over a month and three weeks.

The solar array's specifications are impressive: boasting 1216.440kWp DC (1.2MW) and 1050kW AC (1MW/AC), with a projected annual yield of 1.48GWh. Comprising 2232 Canadian solar PV panels and employing 8 x 125kW Sungrow inverters alongside a 50kW Sungrow inverter for the solar carport, the system is meticulously designed for optimal performance. Moreover, thoughtful provisions such as cat ladders, walkways, and water points ensure ease of maintenance around the installation perimeter.

Anticipated energy cost savings are substantial, forecasted at R2,193,000 annually, with an impressive payback period of only 3.57 years. Once the COCT processes our SSEG application, we expect full credit for power fed back into the grid until our balance reaches zero. Subsequently, any surplus energy supplied will be compensated per unit by the COCT.

While the exact figures for carbon emissions reduction are pending, we anticipate significant environmental benefits following a few months of operational activity. This venture stands as a testament to our commitment to sustainability, innovation, and responsible energy management.



## SOUP DISTRIBUTION INITIATIVE BRINGS COMFORT TO HOMELESS CENTER RESIDENTS IN KZN



Nomvula Shale, wearing a black pants, a white T-shirt and an orange Cap, serves as the chairperson of the Siphila Ngomusa Community Development Organisation, overseeing the operation of the Strollers shelter for the homeless. While primarily accommodating women, the supplies also extend support to another shelter under her management, catering to men. The recipients, ranging from infants to teenagers, are all homeless, with a significant portion being survivors of gender-based violence among the women residents.







**HELPS  
YOU  
SCORE**





# ADDS SOME FLAVOR

## TO SUNDOWNS NETBALL CLUB

Over the Easter weekend, La Rochelle in Paarl hosted Fair Cape Super Schools Netball powered by Six Gun Grill, showcasing exceptional young netball talent.

In 2017, Sundowns Netball Club began as a determined group of individuals playing on makeshift courts without proper facilities in Delft's streets. We are proud to have supported them with gear and are hopeful that these players are the future Netball Proteas.





# OHS CORNER

## FATIGUE

### Fatigue Definition:

Fatigue is extreme tiredness. Severe fatigue makes it difficult for you to get up in the morning and make it through your day. Many conditions and lifestyle factors can cause fatigue. You may be able to relieve it by changing your habits. In a work context, fatigue is a state of mental and/or physical exhaustion which reduces a person's ability to perform work safely and effectively. Fatigue occurs because of prolonged mental or physical activity. To work at your best you need enough rest.

### Cause of fatigue in the workplace:

- Fast-paced or mentally demanding work.
- Irregular shift schedules or consecutive night shifts.
- More than 50 average hours per workweek.
- Bad sleep quality.
- Repetitive and monotonous work.
- Physically demanding work.
- Long commuting hours.

### Symptoms of fatigue include:

- Slower reactions.
- Reduced ability to process information.
- Memory lapses.
- Absent-mindedness.
- Decreased awareness.
- Lack of attention.
- Underestimation of risk.
- Reduced coordination.

### Strategies for managing fatigue:

- Set priorities.
- On days when you already feel tired, only do the tasks that are high priority.
- Set daily / weekly goals.
- Plan ahead.
- Time blocking.
- Consider best hours for activity.
- One task at a time.
- Clean environment.
- Delegate / boundaries.

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With thanks from the team that goes the extra (s)mile – Eric Ngidi & Jean Adams