



CONRAD BESTER NAMED AS JOHN MORRIS'S SUCCESSOR



After 25 years of dedicated service, including 13 years as Managing Director and CEO, John Morris will retire from Crown Food Group on 30 June 2025. This announcement follows an extensive succession planning programme, which began in January 2023 with the introduction of the Critical Thinking training programme for senior management and executives. After a thorough interview and selection process, it is with great pleasure that we announce Conrad Bester, our current Chief Financial Officer, will assume the role of Chief Executive Officer on 01 July 2025.

Conrad, a Chartered Accountant (CA(SA)) with an MBA from the University of Stellenbosch Business School, brings a wealth of experience to this role. He began his career at PriceWaterhouseCoopers before serving as Vice President: Finance for an international aviation ground handling company, overseeing operations across Africa, India, and the Middle East for 8.5 years. Since joining Crown Food Group as Financial Director on 01 September 2020, Conrad has made significant contributions to the company's growth and success. As CEO-designate, effective immediately, Conrad will work closely with John over the next eight months to ensure a seamless transition. Meanwhile, the search for a new CFO will commence shortly. Please join us in congratulating Conrad on his appointment and pledging our full support as he steps into his new role.

Ryan Licht: CEO Bidcorp Food Africa
Middle East; Turkey and Greater China

CROWN NATIONAL LONGMEADOW HOSTS A SUCCESSFUL WELLNESS DAY

With Old Mutual, bringing vital health services to employees.



Longmeadow, in partnership with Old Mutual, held a Wellness Day on November 1, 2024, to prioritize employee well-being by providing convenient, on-site access to essential health services. Old Mutual offered consultations on new policy options, updates, and upgrades for staff members. St. Francis Care Centre provided HIV testing, while the Ekurhuleni Metropolitan Municipality Mobile Clinic conducted blood pressure, sugar, and BMI checks, along with prostate exams for men over 40 and pap smears for women.

Abby Better Health carried out over 20 health assessments, including BP, body composition, heart age, and temperature, with all results sent directly to employees' phones for easy access. SANBS facilitated blood donations, with 20 employees volunteering to donate, potentially saving 60 lives.

Optometrists were available for eye exams, and Virgin Active offered fitness advice and membership options. Typically costly, all these services were provided free of charge, creating a positive and productive day for employees, who enjoyed efficient, one-stop access to important health screenings.

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OHS CORNER

UNDERSTANDING HIV/AIDS AND PREVENTION

How HIV/AIDS is Contracted

Human Immunodeficiency Virus (HIV) is a virus that weakens the immune system and can lead to acquired immunodeficiency syndrome (AIDS) if left untreated. It can be transmitted through the following.

- Unprotected sexual contact with an infected person (vaginal, anal, or oral sex).
- Sharing needles or other drug injection equipment with someone who has HIV.
- Blood transfusions or organ transplants from an HIV-positive donor (though this is very rare due to screening).
- From an HIV-positive mother to her child during pregnancy, childbirth, or breastfeeding.
- Needle stick injuries or exposure to HIV-infected blood at the workplace (for healthcare workers and others at risk).

How HIV is Prevented

There are several strategies to prevent the spread of HIV. Key practices include:

- Safe sex practices: Always use condoms during vaginal, anal, or oral sex to reduce the risk of HIV transmission.
- Pre-exposure Prophylaxis (PrEP): This is a medication taken by HIV-negative people to prevent HIV infection.
- Avoid sharing of needles.
- Avoid exposure to blood or bodily fluid, follow proper safety protocols to prevent needle stick injuries or contamination.

How PrEP (Pre-Exposure Prophylaxis) works:

PrEP works by blocking HIV from taking hold and spreading in the body. It contains two antiretroviral drugs, which are typically used to treat HIV infection but are taken in advance to prevent the virus from establishing itself in the body. It should be taken daily consistently.

Who should consider PrEP?

People who are at a high risk of contracting HIV may consider PrEP and those include:

- People with an HIV-positive partner.
- People who engage in high-risk sexual behaviours (e.g., multiple partners, unprotected sex).
- People who share needles.

PEP (Post-Exposure Prophylaxis)

PEP is a short course of antiretroviral medications taken after potential exposure to HIV, typically within 72 hours, to prevent infection. It is not a preventive method for regular use but is meant for emergency situations. PEP works by preventing the HIV virus from replicating in the body, stopping it before it can establish an infection. To be effective, PEP must be started as soon as possible (preferably within 24 hours of exposure) and continued for 28 days.

When should PEP be used?

PEP should be considered if you've had high-risk exposure to HIV, such as:

- Unprotected sex with someone known to be HIV-positive or whose HIV status is unknown.
- Sharing needles or drug equipment.
- A needle stick injury in a healthcare setting.

Prevention of Mother-to-Child Transmission (PMTCT)

HIV can be passed from an HIV-positive mother to her child during pregnancy, childbirth, or breastfeeding. This is known as mother-to-child transmission (MTCT). Prevention includes:

- Prenatal care: Early initiation of antiretroviral therapy (ART) to reduce the risk of transmission to the baby.
- ART for the mother: HIV-positive mothers should start ART as early as possible during pregnancy and continue it throughout delivery and breastfeeding.
- Labour and delivery precautions: Depending on the mother's viral load, her healthcare provider may recommend a caesarean section to further reduce the risk of transmission.
- Infant care: Newborns may be given antiretroviral drugs for a short period after birth to prevent HIV transmission, depending on the mother's HIV status and viral load

For all new story submissions, email us at eric.ngidi@crownsfood.co.za. Follow us on the below platforms if you are not already doing so to see all the activities that happen in the business.

Facebook: @sixgungrill & @crownnational | Instagram: @sixgungrill

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