

BRYDENS GROUP

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BAKING WITH CONFIDENCE

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EDITORS'S NOTE

In this edition, our team was challenged to reimagine how we deliver the quarterly review.

Previous editions delved deep into company and divisional updates, which, while informative, were undeniably heavy.

In this issue, we offer a lighter format, featuring performance snapshots alongside educational and informative content tailored to you, our target audience.

Our goal is to produce content that truly resonates with you, and the key to achieving this is understanding your preferences.

We eagerly welcome your feedback and suggestions, so please share your ideas, opinions, and passions with us at gcc@brydenstt.com.

We hope you enjoy the content as much as we did creating it for you.

Sincerely,

Janine M. Rajah-Medford
Group Corporate Affairs Manager
Publication Editor

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GROUP CEO'S MESSAGE

Dear Colleagues

When the communications team requested another quarterly message, I was hesitant as I do not like writing generic messages and I prefer to speak about relevant matters. Then I remembered an amazing conversation that I had in February!

Let me step back and give you context.

A few months ago, a group of ladies (Senior Merchandisers from ASB) asked for a meeting. I decided that we would have a get together at a Chinese restaurant in Valsayn, where the food was plentiful, the brown cows flowing and the atmosphere relaxed. They told me about their dreams, their passion for the company and their families, and the barriers they faced to advance in the Group. As I listened, I heard a lot of "what the company was not doing". I then started to engage them and asked, "what were they doing to overcome the barriers?" and "what investments were they putting into themselves to ensure they could not be overlooked when promotions became available?" By the time the gathering ended, there was much to reflect on.

Fast forward, a year later and I am sitting in the office when two of the ladies from that lunch came by to update me on their progress. One of the ladies decided

to put her planned home renovation on hold so she could invest in a vehicle. She said it was hard to get the financing from the banks but she persevered and got through. When the position for a supervisory role opened, she applied and competed with external candidates. Stephen Welch, Managing Director at ASB, told me that she was hands down the best talent in the room. Today, I celebrate Amanda Gould-Alexander on her promotion to Merchandising Supervisor. She made sacrifices and she did not wait around for the company to do something; she kicked down that door that was keeping her on the outside!

I am using this story to illustrate that opportunities are available everywhere in life but it requires us to be intentional about seizing them. Too often, I sit in staff meetings or small group discussions, and the narrative is constantly about what is not happening for people; and yes, the company ought to facilitate and create a path for growth but it cannot be responsible for pushing you to the well and begging you to drink the water. You must see the possibilities and decide how you are going to take it. Of course, sometimes you are going to need help and that is where you go to HR or your supervisor and chart a path to your goals.

Last point and completely unrelated; I would like to touch on respect for our women. Our culture must be one

where everyone feels respected and safe in the presence of their colleagues. I insist on a zero tolerance approach to any form of sexual harassment - that is not who we are. Take this as ample and the only warning on this matter. May we live together and create in Brydens, the culture and environment we want to see in our country.

For Brydens shareholders, the first Company release to the stock exchange took place in February; I hope you read about it. 2024 is going to be challenging but we are going to give it our best shot. I will speak more about that in my next report to you or when we have our townhall sessions.

In the meantime, let us make sure that through our efforts that all our competitors know that "we are the wholeeee, the wholeeee blinking market".

Blessings
RP



PERFORMANCE OVERVIEW

The Brydens Group concluded the year with promising outcomes despite encountering various challenging circumstances. Within A.S. Bryden & Sons, the pursuit of excellence persisted, marked by the introduction of several new products within the Food & Grocery Division. Noteworthy additions included De Siam (featured in this issue), EVE® Almond Milk, and Serge UHT Milks, the latter two produced by our parent company, SEPROD, through Serge Diaries.

In the realm of Premium Beverages, the Johnnie Walker Code Black promotion captivated the nation in early December, solidifying the brand's stature as both aspirational and inspirational with the giveaway of a fully loaded BMW 3 series. The Division also proudly recognizes Nikolai Solomon, Brand Manager for Rude Boy, for his instrumental role in achieving the Rude Boy Distributor Award, recognizing 100% growth in the region. Additionally, Nikolai received the award for Best Brand Manager regionally. Also, acknowledged was Leann Marie Gill for the Best Social Media Innovation award regionally. Congratulations to both individuals on their remarkable achievements.

Within Hardware & Housewares, the TRITON® private label, offering a range of faucets, demonstrated remarkable performance by expanding its distribution across the trade. These results highlight the Group's strategic commitment to investing in own brands for long-term growth.

In Bryden pi, despite facing unforeseen challenges throughout the year, the resilience, dedication, and unwavering spirit of our exceptional employees shone through. The team displayed remarkable adaptability by transitioning to remote work, embracing new

technologies, and innovating solutions to complex problems. Notable successes included the launch of innovative products such as the Café Barista® Drip range and the Salted Cappuccino variant, along with the introduction of several No More® medicinal syrups. Market presence was further strengthened by the addition of Global Healthcare giant Pfizer to the Pharmaceutical portfolio.

At FT Farfan, the team's resilience, creativity, and steadfast commitment to shared goals yielded positive results despite challenges. The company experienced growth in the Service & Parts and Industrial Group, along with ICON (Ibis Construction) delivering exceptional results in Guyana. Sultan Kassim joined the team as the new General Manager at ICON, bringing a wealth of experience in sales and service. The Company wishes to acknowledge Amanda Richards for her hard work and dedication upon her well-deserved retirement.

MICON Marketing concluded the year on a positive note, largely driven by the Bakery and Tobacco Divisions, as well as the Maribel® Range, an addition from the Franco Trading Portfolio. This quarter, in a strategic move, MICON assumed full responsibility for the entire Franco Trading operation, including warehousing and the packing facility—a consolidation of processes poised to bring greater value to the Group.

Although each of our businesses possesses its own distinctive characteristics, a common thread unites us: our people are eager and driven to confront challenges and generate value for the Group. Undoubtedly, uncertainties loom ahead, yet our resilient spirit guarantees that we will forge a pathway to success.

NEW PRODUCT

GREAT TASTE!
BETTER VALUE



- Lactose Free
- Vegan Friendly
- Nutrient Rich



100TH ANNIVERSARY

It is hard to imagine that The Brydens Group, a distribution giant, once started in a small room with a mere 3 employees in the heart of Port of Spain. Let us paint a picture starting 100 years ago, as it is only when we understand our beginnings do we have an appreciation for where we are today.

In 1923, a young William Bryden set off from Barbados to Trinidad to start an arm of his father's business. Housed in a simple single room at 165 Marine Square, today known as Independence Square, the business - named A.S. Bryden & Sons (Trinidad) Limited - started as a haberdashery. Over time, as interests change, by 1959 the operation relocated within Port of Spain to the iconic 33 Independence Square Building where it would remain for over 40 years. Not much different from the current namesake business, the operation then consisted of internationally recognized Liquor, Personal Care, Food & Hardware lines.

Sensing the unbridled potential for business, the Group, moved Head Office to the current San Juan facility with over 100,000 square feet of warehousing space employing over 300 persons, allowing it to better serve the needs of its customers.

By 1999, ready to diversify, FT Farfan, a leading distributor of industrial and commercial equipment for the petrochemical, industrial, agriculture & woodworking sectors, was acquired.

Building on this thrust for expansion, in the early 2000's, the Group set its eyes on developing its personal care and pharma interests with the acquisition of pi Caribbean, today known as Bryden pi Limited.

Subsequently, the Group entered manufacturing with Bryden Genethics Limited, producing owned pharma and personal care brands such as Painol, No More, & Salve to name a few. It also acquired Franco Trading a dry goods packing operation that focuses mainly on producing for owned brands, EVE and Maribel.

Beyond distribution, the Group has 5 retail footprints. FT Farfan has three locations inclusive of one AgriWorld outlet, The Naughty Grape, a specialty spirits & wines store with a footprint both domestic and duty free, located at Piarco International Airport. Retail has also expanded beyond physical brick and mortar sales to a burgeoning e-commerce trade.

The Group has also formed strategic joint venture partnerships regionally with pharma distribution companies ACHI in Barbados and has two alliances in Guyana, BPI along with Ibis Construction Limited (known as ICON) a subsidiary of FT Farfan.

In October 2022, the Group acquired MICON Marketing Limited adding Bakery and Tobacco to the overall offering. The subsidiary Facey St. Vincent also became a member of the Group.

Today the Brydens Group remains a formidable distribution partner of choice for international brands, based on strong relationships forged over decades; a testament to our stability, reliability and focus on building long-term partnerships.

This unwavering trust has provided new growth opportunities beyond the shores of Trinidad & Tobago in the form of appointment as a regional distribution



partner for a number of brands. Collectively, across its subsidiaries, it has a competitive offering that it leverages to enter these new markets successfully.

The Group also holds close the spirit of innovation and continues to flourish by focusing on building a diverse portfolio of owned label brands enabling it to expand its reach globally.

Acquired in June 2022 by the illustrious Sepro Group of Jamaica, the Brydens Group now boasts of being a part of an unmatched regional giant comprised of a unique portfolio of interests with limitless growth potential.

With such rich history, there was much to celebrate. The launch of a new Group identity, branding across our companies and more led up to the unprecedented celebrations which took place on Friday 27th October 2023. The Corporate Affairs Team in collaboration with key stakeholders across the companies made sure that all employees were a part of history in the making, laying the foundation for the building of our Brydens Group culture based on the theme of "Better Together" and "Built to Last".

The day started with a 100 prizes Lottery Promotion whereby all permanent employees had a chance to win giveaways donated by our subsidiaries. At the opening of the draw, squeals of joy and happiness echoed throughout the departments as winners claimed their winnings. Our roving photographer captured the festivities whilst our cheer team delivered goodies to remote locations.

However, the real joy and heartwarming moment was seeing the throngs of employees decked in their white 100th Anniversary polo's all united as one at the celebration party. You ever hear "all ah we is one familee" well that is exactly what we are.

Cheers to each one of you for making our companies and Group the success it is today and we look forward to celebrating as one soon again!



BRYDENS GOES PUBLIC

The final quarter of 2023 marked a significant period for The Brydens Group, characterized by remarkable events. Following the memorable centennial celebrations in October, November witnessed another pivotal moment as Seprod, the parent company of The Brydens Group, officially listed the Group's ordinary shares on the Main Market of the Jamaica Stock Exchange (JSE) and its Class A Preference shares on the JSE USD Equities Market through an Introduction.

This listing signifies that Seprod did not issue any new shares for trading on the market. However,

existing shareholders now have the opportunity to trade their shares on the market, while potential investors can acquire listed shares. Richard Pandohie, the Group CEO of both Seprod and Brydens Group, clarified during the opening ceremony that the listing was not aimed at raising funds immediately but rather positioning the company to access capital efficiently when required.

Nearly a year earlier, in October 2022, Seprod extended an offer to Brydens Group employees to become stakeholders in the company; underlining the belief, that vested interest fosters dedication towards the company's success. Currently, 54% of the staff are shareholders.

In commemoration of the milestone, P.B. Scott, Chairman of A.S. Bryden remarked, "Becoming a publicly listed company is a fitting way to commemorate A.S. Bryden's 100 years in business. Listing on the largest, most active stock market in the Caribbean will create greater opportunities for the company, its employees, and its shareholders and reflects the regional scope of our business."

Richard Pandohie added, "The listing on the JSE fulfils our commitment made to stakeholders, especially to our employees who have demonstrated confidence in the company's direction by acquiring shares. The majority of our current shareholders are employees and this listing will provide them with an active market for their shares in addition to allowing investors across the region to participate in Bryden's journey."

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2 YEAR



Anti-corrosive



Certified
TECHNICIANS



Parts & Service
SUPPORT



DISTRIBUTED BY:
FT FARFAN
APPROPRIATE
TECHNOLOGY
LIMITED

FEATURED EMPLOYEES



KIMOY APPLEWHITE
Shift Leader
TNG – Duty Free
Premium Beverages
A.S. Bryden & Sons

Kimoy has been a steadfast presence at our Duty Free store in Piarco ever since it was acquired from Fabi Cosmetiques 16 years ago, where she had previously been employed. She speaks warmly of her colleagues and cherishes the camaraderie they share while striving to meet their customers' needs.

One of her most cherished memories is receiving her Long Service Award alongside her coworkers Selina Roopchand, Keron Parks, and Marsha Webb-Ellis, a memory made bittersweet by Marsha's passing.

Outside of work, Kimoy finds solace in peace and quiet, enjoying moments with her family. An unexpected fact about her is her affection for stuffed toys!

Despite her generally reserved demeanor, Kimoy's resilience shines through in times of adversity. When asked for advice to offer to someone starting their career, she emphasizes the importance of loving what you do and always striving to give your best. Her words of wisdom include staying humble, savoring the journey, and expressing gratitude consistently.



PATRICE RAVELLO-WHARTON
Human Resource Manager
Bryden pi

Meet Patrice Ravello-Wharton, our remarkable Human Resources Manager who joined us in 2014. Patrice brings passion and a touch of sweetness to the workplace, with an undeniable love for chocolate. When she's not immersed in HR, you'll find her grooving to the beats of soca music in her office, showcasing her dancing abilities.

Here is what her peers have to say:

SR: "Patrice challenges and guides me, fostering professional and personal growth. Her mentorship is invaluable, always encouraging me to think for myself. Thank you for being an incredible mentor!"

SG: "Born for HR, Patrice is a thoughtful gem. She goes above and beyond, ensuring our birthdays are celebrated, showering us with gifts on HR appreciation day, and motivating us with insightful books. A truly caring boss, we're blessed to have her."

JP: "Patrice is a caring and considerate leader, always ready to help. Her laughter is infectious, and she prioritizes people, leading with love. Stepping into her office means experiencing warmth and support."

Patrice we say cheers to you, a dynamic leader who embodies the values of Bryden pi Limited!



Ronald Cabral
Director Marketing Group
FT Farfan

For over thirty (30) years, which is equivalent to almost half of the business' operation, Ronald Cabral has played a pivotal role in the development of FT Farfan Limited. He witnessed and significantly contributed to its growth, development, and organizational culture. Undeniably, he possesses a wealth of institutional knowledge and experience.

Initially hired in January 1991 as the Manager of the Woodworking Division, he was subsequently appointed as a Director in May 1999, leading the Marketing Group. His unwavering commitment, visionary leadership, and unparalleled dedication have left an indelible mark on our organization as a whole and, more directly, on the Marketing Group. Fondly known by one of FTF's top Dealers as "Mister GABRAL," Ronald's finest legacy may be the stellar quality of relationships built with our international suppliers and national Dealer network which has positively impacted our Company's bottom line.

In his grassroots leadership-from-the-front style, Ronald, a.k.a. Mr. C, a.k.a. the Bossman, a.k.a. Cabby, has prioritized life-work balance and employee development. He is undeniably passionate and hands-on, encouraging initiative, and has relentlessly built a resilient and multi-faceted team in the Marketing Group. His leadership style, characterized by integrity, innovation, and collaboration, has set the standard for excellence. Ronald's spearheading of innovative initiatives and his strategic acumen have contributed to our success.

Throughout his tenure, he has not only been a Director but a mentor and motivator with an established motto of "Family First!" His open-door policy, approachability, and willingness to listen have created a workplace culture that values collaboration and camaraderie and a relentless pursuit of excellence.

No one can enter the Marketing Department and not hear Ronald's booming laugh. As President of the "Nobody From The West Does Get Sick" Fan Club and a true sport aficionado, at his advanced age, we all recognize that he is more mouth than sport now (no more football, tennis, and cricket playing). We'll miss the first man to pull a cooler and say work done, let's have fun. He laughs at stale jokes and his Team will definitely miss his ownership of all matters BBQ and grill and insistence on boneless and skinless chicken for curry and geera.

We want to express our deepest appreciation for the impact he's had on FT Farfan. Many of our newer employees may be unaware of his charisma but, his humble, easy-going, down-to-earth personality embody the best of humanity and leadership. And as the company transitions into another era, the team that you have built, the passion that you have shared, will endure.



NATALIA WILLIAMS
Billing Clerk
Micon Marketing

Natalia embarked on her journey at Micon Marketing slightly over 24 months ago. What captivates her most about the Company is its familial ambiance, and she fondly portrays Ms. Leela, her Manager, as akin to a nurturing workplace "mom" who invests both personally and professionally in her team.

A glance at Natalia's workstation reveals an array of captivating anime stickers featuring iconic characters like the Ghost from Spirited Away and All Might from My Hero Academia. It is therefore, no surprise that her favourite food is Sushi, but more interestingly, she loves the energetic rhythms of heavy metal and rock.

Among her aspirations, Natalia yearns to reside in Japan, delve into the realm of Marine Biology through study, and experience the theatrics of one of The Weeknd's Concerts.

Lastly, she cherishes a valuable piece of advice from a colleague: "Not everyone that may approach you in a friendly manner may have good intentions"



DE SIAM

EXOTIC THAI CUISINE

Embark on a culinary journey to the vibrant realm of Thailand right from the comfort of your kitchen with De Siam, the latest addition to A.S. Bryden & Sons' Food & Grocery Division.

Recently unveiled in November, De Siam's aromatic assortment of curry pastes, sauces, and meal kits has swiftly captivated the taste buds of culinary adventurers.

Thai cuisine's allure to our local palate is no surprise, given its ingenious blend of Eastern and Western influences, characterized by luscious coconut, fragrant herbs, and subtle spices.

Proudly boasting a label free of additives and gluten, De Siam is also a haven for vegetarians. While the lineup predominantly features green, red, and yellow curries, the array of kits, sauces, and pastes promises a diverse range of tantalizing dishes. Complementing these delights are offerings like spring roll kits, rice noodles, and vermicelli, providing the perfect canvas for relishing the curries.

Elevating everyday meals is effortless with the incorporation of common vegetables such as eggplant, tomatoes, onions, mushrooms, and bell peppers—ideal for whipping up a weekday treat.

Challenge your tastebuds this week with De Siam and indulge in its bold and sumptuous flavors, guaranteed to leave you craving more.



Green Chicken Curry

Ingredients

- Green curry paste 70g • Coconut milk 400ml
- Chicken breast 200g • Eggplant (diced) ½ piece
- Cherry tomatoes (quartered) 5 pieces • Baby corn 50g
- Fish sauce 1 tbsp • Fresh basil 1 bunch



1. Stir-fry the curry paste

Heat 1 Tbsp vegetable oil on high heat in a saucepan until very hot and sizzling. Add the sachet of green curry paste to the pan and stir-fry until the spicy aromas of the curry develop, then add 1 Tbsp coconut milk.



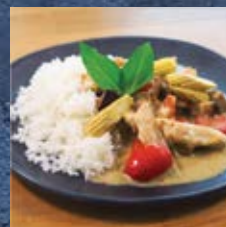
2. Stir-fry the chicken

Add the diced chicken breast into the same pan. Stir-fry to coat the chicken with the paste.



3. Add coconut milk and the veggies

Add the remainder of the coconut milk and then bring to the boil. Add the vegetables (eggplant, baby corn, cherry tomatoes). Add the fish sauce and the sugar to the mix. Simmer until cooked through.



4. Plate your dish

Serve your green chicken curry with a serving of steamed white rice and garnish with a small handful of fresh basil.



THE COFFEE CULT

Addiction seems too harsh a term to capture the delight and contentment that coffee brings to millions worldwide. Yet, for the 4.83 billion coffee aficionados (comprising 60% of the global population), this invigorating beverage is an essential part of their daily ritual.

With a coffee to suit every occasion and palate—be it black, with milk, flavored, or varying in roast intensity—there’s undoubtedly a perfect ‘cup of joe’ for everyone.

Here are some intriguing coffee facts:

1. Brazil leads as the world’s largest coffee producer, followed by Vietnam and Colombia.
2. Finland holds the title for the highest coffee consumption, averaging 1680 cups per person annually.
3. Men make up 78% of coffee consumers.
4. Breakfast hours at work witness 65% of coffee consumption.
5. Young adults aged 18-34 constitute about 40% of global coffee consumption.
6. Arabica, prized for its sweetness and complexity, is the preferred choice for black coffee enthusiasts.

For novices, creamy espresso-based beverages like lattes or mochas, as well as the refreshing iced coffee, provide

a gentle introduction. Savor the initial sip like a fine wine, allowing its flavors to envelop your palate, and relish the sensory delight with eyes closed.

Now, for our coffee connoisseurs, let’s delve into the offerings of the Brydens Group:

Café Barista, our in-house brand developed by the Bryden pi Team, offers a range of instant coffee, cappuccino mixes in various flavors, 3-in-ones, and the latest addition—Drip Filtered Coffee, ensuring brewed perfection anytime, anywhere.

A.S. Brydens presents Colcafe and Matiz from Colombia. Colcafe, available in over 40 countries globally, boasts a range including Classic, Decaffeinated, 3-in-One, Cappuccino flavors, and Chai Latte, reflecting their commitment to quality.

Matiz, a premium ground coffee brand, offers four distinct strengths from light to dark roast, each easily identified by the packaging numbers.

Discover these popular variants at our Commissaries, where attractive prices await. With such an extensive selection, you’re bound to find your ideal blend. Drop by and explore today!

What Your Coffee Says About You



BLACK COFFEE
old school, efficient



INSTANT COFFEE
laid back,
low-maintenance



LATTE OR CAPPUCCINO
open-minded,
limited boundaries



ICED COFFEE
bold, spontaneous



DECAF OR MILK ALTERNATIVES
detail-oriented,
health-minded



COOPERATIVE-GROWN COFFEE
extroverted and
conscientious

The world is your Café



SAVOUR THE
MOMENT



GET COMPLETE PROTECTION.

WE'VE GOT EVERY FLUID YOUR CAR NEEDS



Gasoline Engine Oils / Diesel Engine Oils
Transmission Fluids / Greases

IT'S MORE THAN JUST OIL. IT'S LIQUID ENGINEERING. 

CAR CARE

Just as your heart needs blood to function, your engine needs proper lubrication to ensure it operates efficiently. While we may have a basic understanding of what lubricants do, here are some essential truths to grasp, helping you appreciate the importance of selecting the right one to optimize your vehicle's performance and extend its lifespan.

Automotive lubricants serve several crucial functions. They reduce friction within your vehicle, clean and cool engine components, and prevent the accumulation of rust and corrosion. Specifically concerning engines, lubricants enhance efficiency, potentially increasing fuel economy by up to 2%. This not only saves you money at the pump but also reduces the vehicle's carbon dioxide emissions, contributing to a cleaner environment.


Understanding the role of lubricants in your car allows you to comprehend the potential damage that neglecting them can cause. This includes diminished power and acceleration, increased oil and fuel consumption, overheating, and the serious risk of engine stalling due to additive breakdown.

Given the significant and costly consequences of neglect, incorporating regular checks of your engine oils is undoubtedly worthwhile. While it may seem daunting, it's a straightforward process that can often coincide with routine car servicing, typically based on mileage. Older vehicles may require more frequent checks, perhaps monthly or every 5000 kilometers (roughly every 3 months), while modern vehicles using fully synthetic oils may need changes every 10,000 kilometers or as recommended by the engine manufacturer.

As for selecting the appropriate oil, we recommend CASTROL, distributed by our subsidiary FT Farfan. With an extensive range available, if you are unsure which is best for your vehicle when topping up between service dates, feel free to visit our location at FTF on Ibis Avenue. Our team of fully trained and certified Castrol representatives will be happy to assist you.

When it comes to checking your engine oil, remember the age-old adage: Better safe than sorry. Your savings account will thank you in the end.

HOW TO CHECK YOUR ENGINE OIL

Step by Step 

- 1 PARK ON FLAT GROUND**
To get an accurate reading you need to be parked on flat ground. Plus make sure the engine is cool.
- 2 LOCATE THE DIPSTICK**
Put on gloves and open the car's bonnet. The lid of the dipstick should have an image of an oil can on it.
- 3 CLEAN THE DIPSTICK**
Remove the dipstick and clean it with a rag or paper towel. Reinsert the dipstick.
- 4 CHECK THE OIL LEVEL**
Remove the dipstick for the final time. Check the markings on the dipstick to gauge if there is enough oil or if it needs topping up.



BAMBOO HR

In a groundbreaking move in November 2023, the Brydens Group introduced a transformative initiative, Bamboo HR.

Bamboo HR is a Human Resource Information System (HRIS) that revolutionizes employee data management. It provides automation and centralization of employee data and fosters opportunities to elevate productivity and strengthen company culture.

This innovative tool is a comprehensive platform that brings immense functionality covering every aspect of HR operations including: the facilitation of job postings/applicant

tracking and onboarding processes, internal communication, time-off management, benefits tracking, reporting and analytics and eventually performance management. With its digital document completion and storage capabilities it is also central to HR efforts of going “paperless”.

Bamboo HR also includes a mobile app for “employee self service.” This “employee self service” opportunity empowers employees with the ability to easily update their personal information, apply for leave and monitor their leave status in real-time. This relieves the burden of dealing with paper-heavy and cumbersome processes. Leave requests submitted through Bamboo HR are swiftly routed to supervisors and managers for approval, with leave data instantly updated upon approval, ensuring both the company and employees have access to up-to-date information at all times.

One of the hallmark features of Bamboo HR is its unwavering commitment to data privacy and security. While maintaining a directory of employee names and titles for transparency, individual employee information remains confidential, accessible only to the concerned employee, HR personnel, and direct managers. There are also stringent security measures, including multifactor authentication and data encryption, coupled with strict adherence to international data compliance laws, which underscore the paramount importance placed on safeguarding sensitive information. For further insight into Bamboo HR’s security features, you are invited to scan the QR code provided to learn more from Bernard Rocke, Group Head of IT.

Should any concerns arise regarding Bamboo HR, rest assured that your HR team stands ready to provide assistance and support. We encourage you to familiarize yourself with Bamboo HR as we advance towards enhanced data transparency, operational efficiency and a sustainable reduction in our paper waste.



WHY CHOOSE THE BRYDENS INSURANCE AGENCY

The Brydens Insurance Agency, a publicly owned entity, operates as a wholly owned subsidiary of The Brydens Group. Under the leadership of Dayne Ali-D’Arbasie and with the support of Samantha Maharaj, this dynamic team is dedicated to providing personalized service and tirelessly works to offer the most competitive prices, particularly in the realm of motor insurance.

Members of The Brydens Group, including their families, can enjoy discounted premiums, while staff members have the added benefit of accessing premium financing or flexible payment options, allowing for interest-free payments spread up to six months.

Give the team the chance to provide you with a quote for

your next renewal, and you will discover they offer the same coverage you currently have, if not better. Do not hesitate—reach out today to estimate your potential savings! Just imagine the possibilities with that extra cash in hand from the savings along with a more manageable payment structure.

Why should I choose Brydens Insurance Agency over another provider?

You can benefit from Special Staff Pricing and a Brydens Group Discount that results in Huge Savings!

Are the Discounts only for staff

No. Family members are also applicable for the Brydens Group Discount.

How can I get a Quote?

Contact Dayne or Samantha: Dayne.Ali-D’Arbasie@brydenstt.com or insurance@brydenstt.com or Call us: 678-9191 ext. 1325 or 1326

BAKING WITH CONFIDENCE

Baking, particularly with active ingredients such as yeast, may seem intimidating at first, but with a product like Fermipan®, half the battle is already won.

To truly appreciate the marvel of yeast, it is important to grasp its essence. Yeast serves as a leavening agent in baking; but what does that even mean?

Yeast, which is a natural organism, transforms sugar and starch into carbon dioxide and alcohol through fermentation which causes the dough to rise. The dough traps the gas, and due to its elasticity, expands. It also adds flavor! The alcohol that the yeast creates, adds the unique taste.

There are typically two forms of baking yeast available: dry yeast and instant yeast. Dry yeast comprises larger particles that require dissolution in warm water, a process known as "proofing," before use. On the other hand, instant yeast can be added directly to the dry ingredients of a recipe without any proofing required.

Now that you understand how it works, it is time to take on the time honored tradition of baking bread!

Below is a straightforward recipe to bolster your confidence:

Ingredients:

- 4 cups of Gold Seal® Flour
- 1 ½ teaspoons of table salt
- 2 teaspoons of Maribel® sugar
- 1 pack of Fermipan® Instant Yeast
- 2 cups of lukewarm water
- Softened unsalted butter, for greasing

Baking Instructions

1. In a large bowl, combine flour, salt, sugar, and yeast.
2. Add water and mix until the water is fully absorbed, forming a sticky dough ball.
3. Cover the bowl and let it sit in a warm place to rise for 1 to 1 ½ hours until the dough doubles in size.
4. Position the oven rack in the lower third of the oven.
5. Preheat the oven to 425°F.
6. Grease an oven-safe bread pan (1 loaf = 1 large pan or 2 loaves = 2 smaller pans) with softened unsalted butter.
7. Use a fork to gently deflate the risen dough, pulling it away from the sides of the bowl and forming it into a rough ball.
8. Place the dough into the prepared baking containers and let it sit in a warm spot for 10-20 minutes until the top of the dough reaches the rim of the dish.
9. Bake the bread at 425°F for 15 minutes, then reduce the heat to 375°F and continue baking for 17-20 minutes for smaller loaves or 25-30 minutes for a single large loaf.
10. Once the bread is evenly golden brown, remove it from the oven and transfer it to a cooling rack.
11. Store the bread wrapped well at room temperature, or freeze it for longer preservation.



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