

# SPEKTRA

Africa's No.1 Design Build Monthly Newsletter

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## THE CEO'S THOUGHTS

As an architect you design for the present, with an awareness of the past, for a future which is essentially unknown.

- NORMAN FOSTER

*William Evans Halm (a.g.i.a)*

SPEKTRA GLOBAL

# GUNG - HO!!!

Design Thinking Session

The second quarter ended for staff of Spektra Global with a fun filled educational and interactive session. At 12 noon on Friday, 5th July, 2018, the entire staff of Spektra Global gathered at Elimol Events Court and Rentals in Tema, Community 11.

Our Event opened with a prayer and a treat to various local and continental dishes after which Staff were taken through a Design Thinking session where we were each paired with a member from a different department to identify a personal challenge and provide tailor-made solutions for them. There was lots of laughter as some staff volunteered to exhibit and explain their modeled solutions.

This exercise was facilitated by Arc. Karen Evans Halm (Mrs.), Chief Operating Officer at Spektra Global.

Thereafter, Staff were bussed to various Companies in the Tema Metropolis to implement what was learnt at the Design Thinking session. We then returned to our Venue to continue our celebrations.

We also cut a cake and popped champagne for birthday celebrants for the quarter.

At the end of the session, each staff left for the weekend with a beautiful well stocked package.





Different forms of architecture exist in Ghana. Traditional/ indigenous architecture that normally features a high pitched roof

Modern architecture also features straight lines and normally has a boxy feel.

In designing Bella Bello, the concept was to marry these two styles of architecture, while at the same time maintaining their distinct differences.

Thus the "Boxy" modern architecture is the most prominent of the building, which is represented by the cantilevered balcony, while the typical pitched roof of indigenous architecture "floats" above it.

A curvilinear landscape design that contrasts the typical "straight" lines of modern architecture was adopted.



# HEALTHY TIME MANAGEMENT



Healthy time management is simply how to be productive while taking care of yourself. The system we use to organise our tasks and projects should equally benefit our physical and mental wellbeing.

Here are 7 easy tips to a healthy time management

- Organise and schedule your work day: Keep schedule in large blocks of time. (8AM-10AM, 3PM- 6PM). Helps to work freely without having schedule paralysis.
- Prioritise what's most important on your schedule/ to do list: organise your tasks / to-do lists by what's due and then what can be pushed back. Spend more time on what's very urgent and consuming.
- key down good habits to build into your work flow.  
Such as;  
work as per schedule.  
Set aside time for emails (not everything is urgent!!!)

Be focused. Don't allow distractions

- Build in breaks to your work day -: adhere to lunch breaks, take short walks, or, use few minutes to call family/friends. Slide in breaks in between schedules. It helps to freshen up your thoughts and energy.
- Practice single tasking. It increases productivity : You get more done when you focus on one task at a time. Doing many things at the same time is hard work but not a smart move.
- Do what it takes to get back on track when your schedule is delayed: Look at your goal for the day – measure your current progress. Pick up the next step. GO.
- Manage your energy: Always remember to shut work off after hours. If it's not an emergency. It can wait. Burning yourself out is a not healthy.

Source: [buffer.com](http://buffer.com)

# THE ART OF DECLUTTERING



Dusting is an act. Decluttering is an art.

Releasing negative energy in the form of material things makes room for meaningful experiences. Marie Kondo has inspired millions with her book "The Life-Changing Magic of Cleaning Up: The Japanese art of decluttering and organizing." As you sort through your belongings, she encourages you to pause. Does this object spark joy? This mindful practice is known as the Konmari Method, a combination of the author's first and last name.

Releasing unneeded burdens allows for space to breathe, for possibility.

The art of tidying up is a form of self care.

Self care is health care -- expressing gratitude for the items before you bid them farewell massively improves mental health.

Likewise, donations invite positive energy. A sense of community adds years onto a lifespan. Studies even show **if you lose weight on your bookshelf, you'll lose weight on your body, too.** So take a page from Kondo's book and scrapbook it into your life. Make a storage room your sanctuary instead.

Kondo says, "Tidying ought to be the act of restoring balance among people, their possessions, and the house they live in."



# ICONIC

## BUILDING OF THE MONTH

### THE FARNSWORTH HOUSE

The Farnsworth House is known as “the original glass house.” Designed by Ludwig Mies van der Rohe in 1945, the German architect pioneered the idea of the modern home. Dr. Edith Farnsworth is the client who made it possible. A Chicago nephrologist, she desired a weekend home built on her 10-acre wooded property near the Fox River. Mies van der Rohe and his client developed a close relationship. After all, she made it possible for him to create a building that was the first of its time. An inspiration for minimalism, the design achieves the seamless views many modernist architects strive for today.

The 1,400-square-foot home was completed in 1951. Each aspect exhibits the architect’s passion for simplicity. He adopted the phrase “less is more” and insisted that the concept for the home

be “almost nothing.” Therefore, the roof is made of a steel framed, concrete slab, and another slab covered in heated travertine marble for the floor. In between, a thin membrane of glass constructs the walls -- revealing a picturesque view of the trees, water and sky.

A single tube contains all of the utilities, as it descends from the home’s center into the ground. Raised 5 feet 3 inches off the ground, this elevation was meant to protect it from flooding. The concept was that the house would “float.” Lord Peter Palumbo bought the home two decades later, and after a lengthy bidding auction, Landmarks Illinois and the National Trust for Historic Preservation purchased it in 2003.





**CAN YOU FIND  
ALL THESE  
WAYS TO BE  
MINDFUL?**

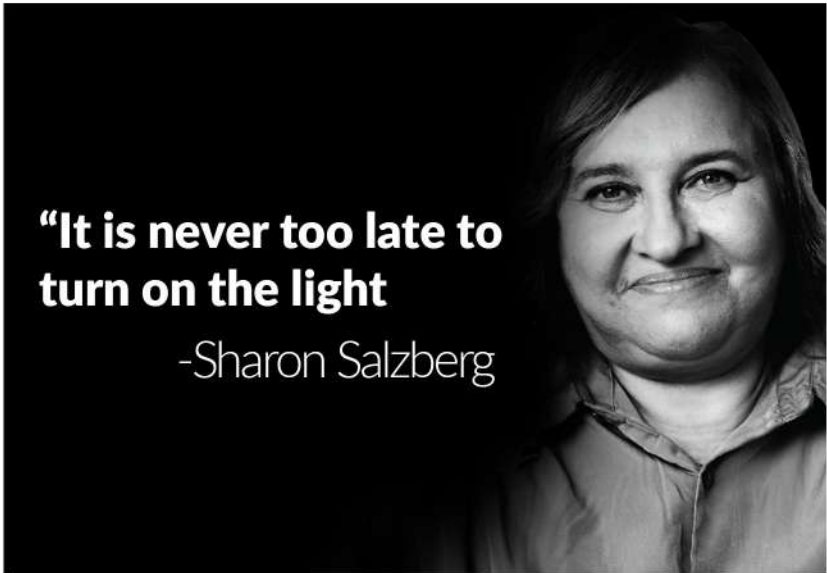
- EXERCISE
- JOURNALING
- MEDITATION
- OBSERVATION
- REFLECTION

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**ABOUT THE EDITOR**

Karen Evans Halm is an architect and an associate of the Ghana Institute of Architects with over a decade's experience in the field, specializing in Interior Design and Landscape Architecture. She is also ther co-founder of Spektra Global



**"It is never too late to  
turn on the light**

-Sharon Salzberg

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