

VOL. 10  
SEPTEMBER, 2019

DREAM IT  
LIVE IT

# SPEKTRA

Africa's No.1 Design Build Monthly Newsletter

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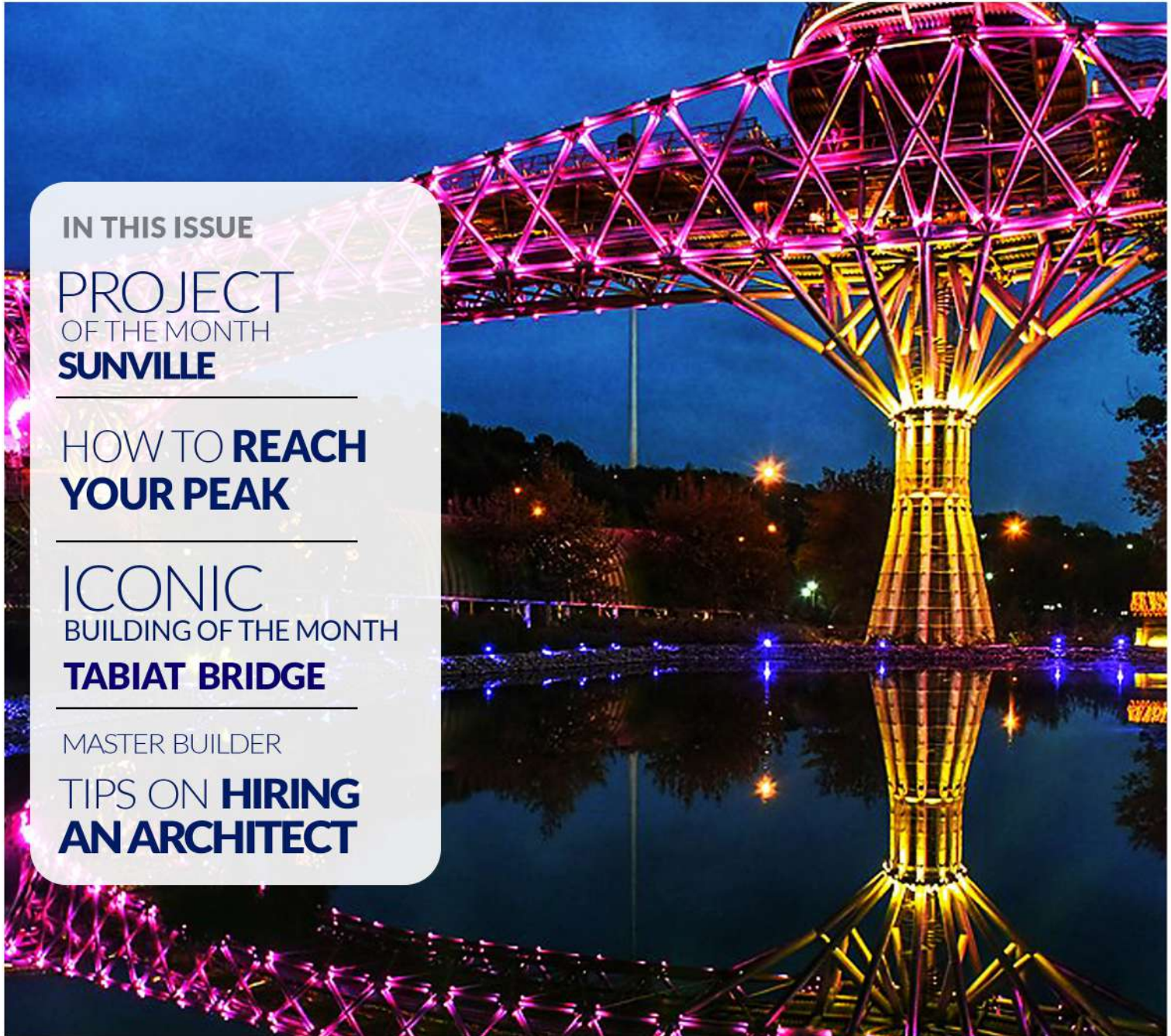
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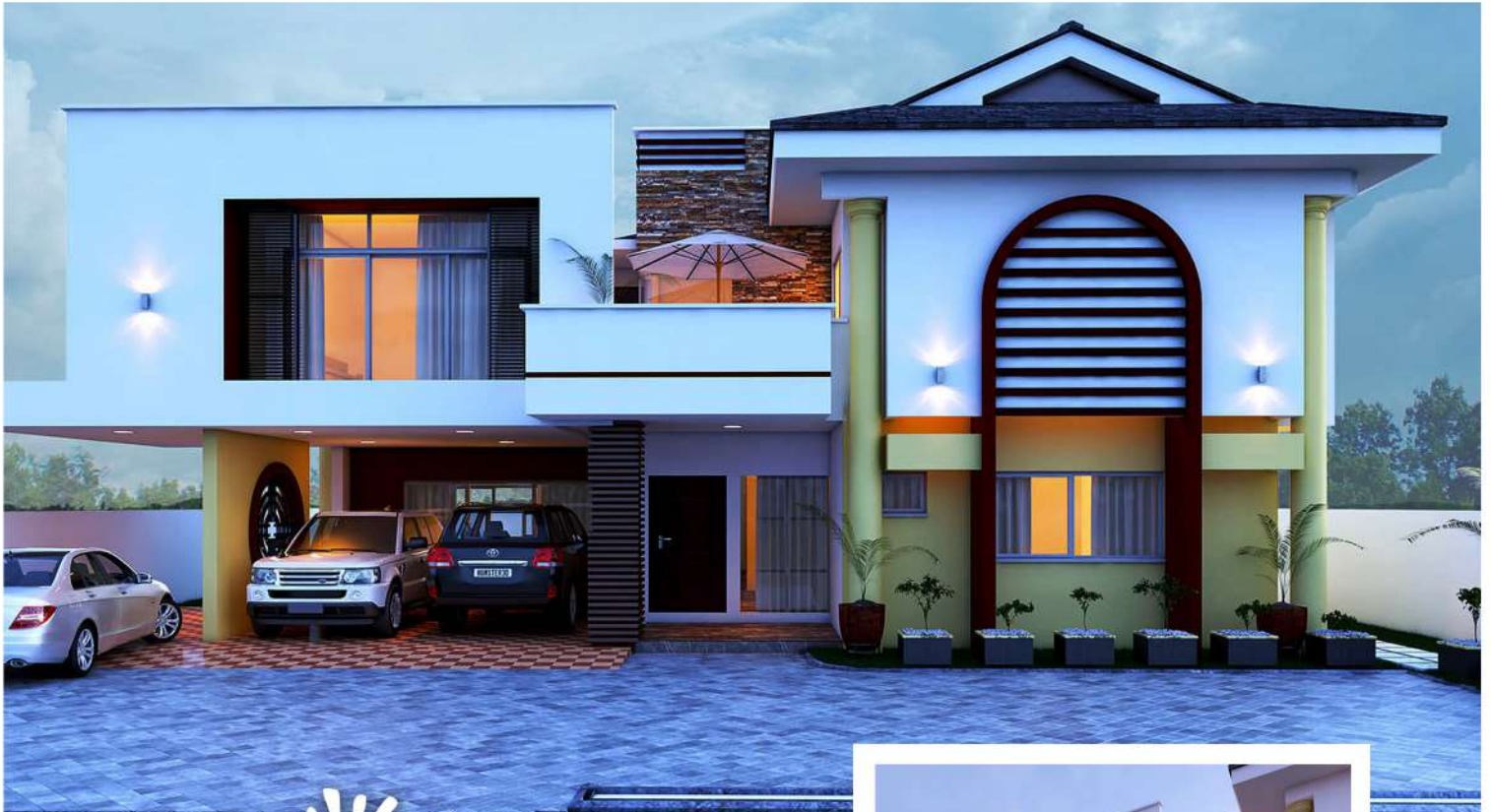
## THE CEO'S THOUGHTS

Architecture should speak of its time and place, but yearn for timelessness.

-FRANK GEHRY

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





# Sunville

Sunville is a combination of modern and contemporary design. The fusion of simple forms with detailed elements makes this project one of the elegant residential buildings in Spektra's portfolio. Conscious effort was put into the creation of both private and public balconies with interesting and varying views.

The courtyard created behind the building makes it an ideal place to organize events as well as relax. Combination of both natural and artificial landscape helps to minimize maintenance cost as well as ensure that the beauty of the created spaces create a lasting impression.

Sunville has large windows for its interior spaces which have been strategically positioned to admit more light and help with cross ventilation. The interiors have been carefully crafted to suit and facilitate the daily use of the client as well as other users.



# HOW TO REACH YOUR PEAK



**T**alk to a mountain climber. They often speak of their experiences as sacred journeys. For some, climbing a cliff brings them to the edge of life and death. Whether on a moderate alpine rock climb or Mount Everest, staying mindful of your needs is vital. Imagine one of these people, scaling a boulder -- so adventurous.

“People come in many shapes, sizes, and ability levels, and each of our unique physiologies plays the central role in determining what it takes for us to adequately prepare for a chosen objective,” according to the American Alpine Institute (AAI).

So it’s important to start training gradually, and of course, to stay hydrated. How soon is too soon to start training? It’s never too soon, but it can be too late. Even experts admit that work, personal life and mental health can get in the way of training. Do you have a gym membership ... and use it? Then a few months of training should do the trick. A bit of a couch potato? Invest at least a year.

A rather obvious piece of advice: “Climbing is the best training for climbing.” If getting outside is a challenge, then simulate what you would experience on a real climb. Hiking, stairs, skiing, swimming, trail running, and mountain biking all do the trick. Indoor activities can also prepare you. AAI recommends a low intensity cardio warmup to get the blood flowing, weight training, then a longer cardio session to target cardio-fitness and move the blood through the muscles broken down during the workout.

Finally plan ahead. Create a weekly schedule for exercise and rest days. Set specific goals. Be patient with your body. And finally, tackle that mountain. Even if you’re not a mountain climber, what’s your workout? We each have something that gets our blood flowing. Take a moment. Plan how you can reach your highest potential. As Coley does, journal on the whole experience. Conquer that learning curve, reflect on what you enjoy and what you could do better in the future. Climbing is the best training for climbing. So do what you want to do, every day, and you’ll reach that peak.



**ICONIC**  
BUILDING OF THE MONTH  
**TABIAT BRIDGE**

An organic exterior suits the calming feeling on the “Tabiat Bridge” (Nature Bridge) in Tehran, Iran. Iranian architect Leila Araghian designed the bridge as a gathering place where people could spend time, rather than just cross over it. At 26 years old, she designed “the third symbol of Tehran.”

Late in 2014, the 270-meter Nature Bridge was born. Pedestrians and bicyclists take breaks to enjoy the flourishing flowers and stunning views. The bridge has three layers: one for a café gallery, another for walking, running and biking, and a third for viewing the highway and Alborz mountains, according to Reallran.org. The multi-level design encourages visitors to linger. The young architect purposefully designed three tree-like columns to blend with the surrounding natural wonders. The curved body offers visitors different perspectives, creating a sense of mystery about the destination and inspiring users to continue exploring.

Araghian, the designer, is a symbolic bridge between eastern and western cultures: She earned a master of architecture degree from the University of British Columbia. The Tabiat Bridge won three awards in Iran and The Popular Choice prize in the Highways and Bridges category of Architizer’s 2015 A+ Awards.



# MASTER BUILDER

## TIPS ON HIRING AN ARCHITECT



01

**Ask for recommendations. Meet up with the recommended architect(s) to determine whether he / she is a good fit and can work on your project.**

Asking for a recommendation is the first thing you need to do when you want to hire an architect. You can start from friends, family or people who have built before.

**Note: Architects don't usually advertise on billboard displaying their expertise. Architects usually work based on recommendation.**

02

**Consider the experience of your architect.**

The experience of an architect is the next thing to consider when hiring one. Is the architect experienced in the project you seek to undertake; whether commercial project or private?

What similar projects has he/she worked on previously?

03

**Check the architect's track record.**

**Note: An architect with a good track record is your best bet for the job against one with bad records**

Checking your architect's track record is very important. It's vital to find out how they respond to situations, their delivery time and how creative they are amongst other things.

04

**How much does an architect cost?**

It is unlikely for an architect to give a quote on the first day since understanding what exactly a client want is key to determining the cost of the service to be rendered. Every quote is different and is based on the clients' needs.



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your strength in?**

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**RANGE**  
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P A C H W I K V H O W R Y D E  
E E M P X P E Y W T C T G I Y  
A B J U X E Z R U M D U R T P  
K U C R E V A S S E O X Q X T  
F P D S A M S E K I Q Z S F I  
D K C M R J H W R T C Y T Z F  
L O I A P J D J H S L K T L Y  
J L T L T N W Q S U R X G F E  
J K T B R P J D O C M H D M R  
X R O F Z M L S H Q M B L K I  
D U N N T A M V T C G B U H R  
O J T I W R Z P Y N A I A P O  
Q X O L G D R A N G E N U L K  
D G D A L T I T U D E U I C P  
V V Z K S G B S U M M I T O Q

**“When the sun is shining  
I can do anything.  
No mountain is too high,  
no trouble too difficult to  
overcome.”**

-Wilma Rudolph



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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

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