

In this issue



Interview

Estate Manager,
Thomas Poku



Featured Employee

Karim Amidu



Phase 2 Development



Recipe

Senegalese Seafood Stew

From The Editor

I realise now that last month's riddle was a little difficult judging by the number of wrong attempts at the answer! so I won't keep you in suspense a moment longer. So, what four wise words did the wise man speak to the two camel drivers? "RIDE EACH OTHER'S CAMEL!" It always seems so obvious when you get the answer doesn't it? Well, better luck next time.

I hope you're sitting comfortably as you read this bigger, better July /August issue of Lifestyle. We have a whole lot in store for you. This issue demands a nice cool drink, a sit-down in your favourite chair and your full attention.

You must have noticed that there are some exciting additions already, we have fuller format, featuring excellent imagery and articles. We bring you an exclusive interview with the new manager of XL Real Estate Services Ltd., Mr. Thomas Poku, who shares with us an insight into his work and motivations, and his plans for building a lasting relationship with homeowners at Trasacco. We also have news on the progress of developments on Phase 2 of Trasacco Valley (TV) Estates. We can't forget to mention our popular features of employee of the month and recipe segment are both here for your enjoyment. Your feedback and comments are important to us, so please write or call in with your contribution to the XL office. We'd welcome your comments on any of the articles printed. Or why not call in and tell us how you found the recipe, suggest any variations or even part with some of your family favourites to share with fellow homeowners. Happy reading!



with Thomas Poku

"It's a real aim for me that we have a joined up thinking approach to estate management at TV."



This month, lifestyle visits the offices of Thomas Poku, the new estate manager of Trasacco Valley estates as we find out all about the man, his work and what's in store for the future of estate management at Trasacco Valley (TV).

Thanks for meeting with us, Thomas, and congratulations on your taking over of XL management. Thank you.

A lot of us at Trasacco already know you from your community liaison work here, but would you just tell us a little about your background please?

I was born in Ghana, but moved to England when I was just six and lived there for almost 20 years. In the UK after achieving my first degree in estate management, I worked for a leading estate agent and property company for many years. I am also very interested in community work and have a lot of experience working with the UK social services in community policing, particularly during the years I was studying for my degree. This was my contribution to the community I lived in at the time and through my experiences I developed an interest in youth justice and went on to study for my MA in Criminology.

Throughout your time in the UK, did you visit Ghana often?

Yes. I have frequently visited Ghana, at the least on a yearly basis and I finally resettled here after completing my masters.

Tell us a little about this new role you hold with XL?

I am now the Estate Manager for Trasacco Valley Estates. The management is run under a separate company, XL, which is the authorised managing agent for Trasacco Valley.

And what will you be doing in this new role?

There are three segments to the services XL provides at TV: security, landscape and general maintenance. In security, we're ensuring the estate is safe 24 hours, 365 days. We have roving patrols and security checkpoints at the main gate and strategic points. My job is to make sure security is responsive to threats here at TV, and that homeowners feel safe at all times. Our landscape maintenance staff mow verges and other communal grassed

areas, trim trees, control weeds and diseases, fertilise and treat plants against harmful fungi and insects. Finally our general maintenance staff tend pavements, drains and pipes, electric cables and fittings and communal lighting, general cleaning and maintenance of the communal areas. I am in charge of the smooth operation of all these services.

Are there any changes we can expect in the way XL is run and the services to homeowners now XL is under new management?

Certainly. I am in the process of reviewing the current system and am looking to make improvements wherever possible. I will be contacting homeowners personally at the appropriate time and would very much like their involvement in the process of improving services for them. It's a real aim for me that we have a joined up thinking approach to estate management at TV.

Do you have any hobbies and interests when you are not working?

I like to keep fit, so I make sure I visit the gym regularly. I also enjoy jogging and often go to the beach at La Palm for that.

Food is another great love – and Ghanaian dishes are definitely my favourites especially Banku and Tilapia.

What will you enjoy most about your new job?

Meeting new people, especially interacting with our clients, the homeowners. Working in an environment like this, surrounded by all these beautiful homes is a real perk.

Finally what challenges do you see ahead of you in this role and how do you expect to tackle these issues?

Ensuring we have a better and closer relationship with the homeowners is obviously key to the success of XL and our services. The services we provide that I have told you about all require huge resources to keep going so the collection of the estate management charge is what will allow us to continue improving services on the estate. Secondly getting the homeowners and XL in agreement on how the estate should be run is very important. In the near future I will be talking to homeowners personally and explaining our planned improvements as a first step, so hopefully this will lead to a better and closer relationship.



Featured Employee

Congratulations to Karim Amidu, who is this issue's featured employee. Selected for his positive attitude and diligence, Karim was very happy about his nomination and told Lifestyle, "It's a great thing. I'm really pleased to have been selected."

Karim has many responsibilities at XL. He ensures all the horticultural work gets done, keeps records of all client accounts which includes follow ups of estate management charges.

Born in Tepa in the Ashanti region, Karim schooled there before moving to Koforidua to complete his Secondary school education. He holds an HND in Estate Management from Kumasi Polytechnic and has been working with XL since February 2004.

Once again, we congratulate Karim and wish him continued success in his job.

Notice Board

A heartfelt welcome goes out to the new residents who have joined us at Trassaco in recent months – Akwaaba! We hope you have settled in well at your new homes and we look forward to seeing more of you on the estate.

Did you know that as a resident of Trassaco Valley, you are eligible to place notices or adverts in Lifestyle? This is a great way to publicise your business or share other information with other Trassaco Homeowners. Please contact the XL office for further details on how to do this. But hurry, so you don't miss your notice being placed in the next issue of Lifestyle.

Phase 2

It's difficult to miss the new development area adjoining the completed area of Phase 1 where our residents live. This new development, aptly named 'Phase 2 development area' is well under construction. Lifestyle visited the site to see the progress of the work. We saw the new roads and plot profiles which have been laid out and the site of the new golf course.

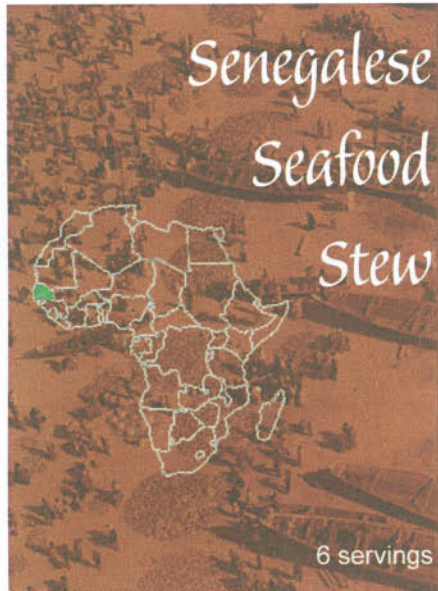
There are some exciting and creative new designs for the homes which we're sure will be beautiful when complete. It is estimated that new residents will be moving into the first completed houses in this area by early 2006.

...new development area...



Recipe

Africa is the new theme running through our recipe feature. We'll be highlighting the rich and diverse tastes and flavours of our continent by travelling (virtually, not literally!) through Africa to bring you a wide selection of our favourite dishes. This issue features a healthy and easy to make Senegalese dish that will leave you wanting more...



Ingredients

1 teaspoon salt
2 green unripe bananas, sliced (in 1/2-inch rounds)
4 cups chopped onions
2 cloves minced garlic
2 tablespoons Vegetable Broth / Stock
1/2 teaspoon cayenne pepper
1/4 teaspoon summer savory, (or thyme)
2 potatoes, chopped
2 sweet potatoes, peeled, chopped
2 cups chopped cabbage
1 cup chopped fresh parsley
3 cups canned tomatoes, chopped with juice
3 cups Vegetable Broth, (or water)
1 pound fresh, shelled, deveined shrimp
1 pound orange roughly, cut up in pieces

Method

1. Dissolve salt in enough water to cover sliced bananas. Soak for about 15 minutes, then drain them and set aside
2. Meanwhile, saute onions and garlic in two tablespoons of broth until onions are just translucent.
3. Stir in cayenne and summer savory and saute a few minutes more.
4. Add potatoes, sweet potatoes, cabbage, parsley, tomatoes and broth.
5. Bring the stew to a simmer and cook for 15 minutes.
6. Add the bananas, shrimp and fish (if cooked shrimp was all you could find, add them in last 5 minutes). Simmer gently for 10 minutes or until fish is opaque and shrimp are pink. Add more water if stew is too thick. Add salt to taste.

Serve over steaming rice. Garnish with wedges of lemon or lime. It's wonderful!!

Why not try this easy and superb variation to make a soup? Simply add more broth or water at step 4. Serve with plenty of fresh French bread and fresh fruit...Delicious!!



Forum

The Forum is the opportunity for homeowners to voice their opinions and share their views on pertinent issues relating to life at Trasacco Valley. PLEASE send in your contributions as soon as possible so that they can be included in future issues.

USEFUL NUMBERS

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027 534800
Legon Police: 500 975
Fire Service: 772446
East Legon Medical Centre: 66979

24hr Emergency Medical Help:
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LifeStyle is the in-house newsletter of trasacco valley Estate and is published by Trasacco Estates Development. Co.Ltd., P.O. Box 117, Legon, Accra, Ghana. 2005

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