

## MONTHLY NEWS LETTER

### Special Points of Interest:

- **The Fish Philosophy—Choose your Attitude**
- **Product Knowledge—Partitioning**
- **Know Your Right and the Police**

### November, 2014 Sales Update

- **Head Office sales Down by 28% against November, 2013.**
- **Spintex Road Branch sales Down by 13% against November, 2013.**
- **Weija Branch sales Down by 45% against November, 2013.**
- **Takoradi Branch sales Up by 4% against November, 2013.**
- **Kumasi Branch sales Up by 20% against November, 2013.**

## THE FISH PHILOSOPHY-CHOOSE YOUR ATTITUDE

Who will ever believe that a drab, slimy and uninteresting place such as a fish market can be the source for the birth of a world-changing business philosophy that can easily transform whatever we have been doing everyday into exciting and happy experiences all our days on earth.

This philosophy has four (4) main principles These are;

- 1. CHOOSE AN ATTITUDE**
- 2. PLAY**
- 3. MAKE THEIR DAY**
- 4. BE THERE**

These four principles together has come to be known as the Fish Philosophy, and it can be proven to have turned a lot of lives around as well as businesses for the better.

In this edition of the newsletter we will only examine the broad outlines of these four principles, and in subsequent editions delve deeper into each to find out how we can individually make them a company culture.

### CHOOSE AN ATTITUDE.

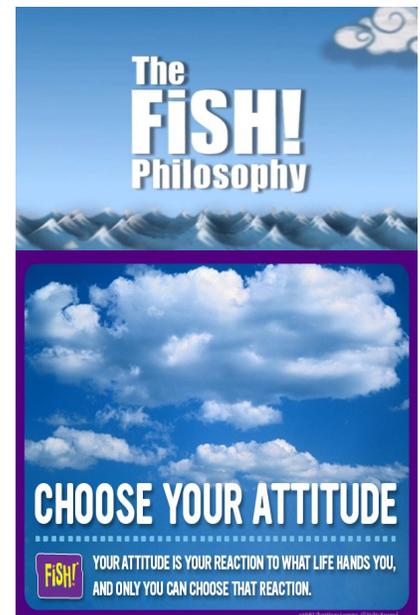
To actually enjoy your life and be fully in control of yourself you will deliberately choose how you respond to life, not just react. You must be intentional. When you get up, decide who you want to "be" today. **Moment-to-moment**

Ask yourself throughout the day, "What is my attitude right now? Is it helping the people who depend on me? Is it helping me to be most effective?"

**PLAY:** You can be serious about your work without taking yourself so seriously. Play is a mindset more than a specific activity. It allows you to throw yourself with enthusiasm and creativity into whatever you are doing, in a way that is natural, not forced. "Playing" with ideas helps you find solutions to everyday challenges.

**MAKE THEIR DAY:** Simple acts of thoughtfulness, thanks and recognition make people feel appreciated and valued. When you make someone else feel good, you feel good too.

**BE THERE:** When people need you, they need all of you. Setting aside distractions and judgments to be fully present is a sign of respect. It improves communication and strengthens relationships.



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# PRODUCT KNOWLEDGE – PARTITIONING

Partitioning is an innovative way of quickly and cheaply constructing a “Dry” wall to suit a number of purposes in either commercial or residential buildings.

A drywall system primarily uses galvanized steel profiles called tracks and studs to build a rigid frame over which plasterboards are screwed in place to quickly form a durable wall of any required height of varying thickness.

Partitions are commonly used in offices and schools to divide spaces quickly and cost effectively. It is a very flexible and versatile construction method that allows for the easy installation

of a wide range of equipment or fixings within the wall cavity , such as plumbing, electrical wiring and light fixtures, hidden cameras and insulation materials etc.

It has a number of advantages over traditional cement block /Masonry walls because they are quicker to install, can be dis-assembled and used elsewhere with minimum waste, the boards are free from asbestos and the surface finish is smooth . Partitions can be installed as both temporary or permanent structures, to provide excellent thermal and sound insulation.



### ITEMS NEEDED

- 12.5mm Boards, Floor /Head Tracks
- Studs, Wafer & Boarding screws
- Alum. Skirting, mesh Tape, J/Compd

### **QUOTES FOR THE MONTH**

*Great ability develops and reveals itself increasingly with every new assignment.*

*Baltasar Gracian*

*Published by*

*Elizabeth Aryee*

*(P. Asst. to Directors)*

## KNOW YOUR RIGHT AND THE POLICE

### **What does “rule of law” mean?**

It means that all of us, high or low, rich or poor, man or woman, even the Government and Public servants like the police, have to obey the law and must live according to the laws that are laid down in our country under our Constitution.

### **No one is above the law.**

Rule of law also means that every action by the Police has to be according to the law, and if not, the Police will be accountable before the law. It also means that the laws that are made must be reasonable, just and apply to all of us fairly and equally.

Source: **Commonwealth Human Rights Initiative (CHRI 2013 Handbook).**

## IT’S ALL LAUGH AND FUN!!!



An absent-minded man walking in front of a mad man was violently jolted back to life when he was slapped from behind by the madman, the man dutifully stepped aside to allow the madman to walk ahead of him, after a few meters the man marshaled all his energies and gave the madman a vicious slap that felled the madman flat on the ground, the madman sat up shocked and asked the man since when he became mad? “ Oh just a moment ago” replied the man, “Then after a short while you will kill someone with that kind of attitude” chipped the madman.

**Contributed by Elhaji Arfan Mar (H/O Warehouse/Stores Manager )**

