



Pelican News



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Blue Skies Newsletter

Ghana launches Founder's Day

On 7th of June Blue Skies Ghana celebrated the first 'Founder's Day'. The day was introduced by people in Ghana to recognise the achievements of Blue Skies Founder Anthony Pile on his birthday.

Alistair Djimatey who manages the Blue Skies Foundation in Ghana is part of the committee which came up with the idea for 'Founders Day'. He said "Anthony started Blue Skies in Ghana in 1998. He started from scratch and built the business to a company which now employs over 2000 people in three continents" He added, "On Founder's Day we say thank you to Anthony, and look to follow his example by doing something positive for our community"

The day was marked with a special programme which featured cultural displays from the local Primary School in Dobro and speeches from farmers and staff. There was also a demonstration by the Blue Skies Ghana 'Keep Fit Club' and a presentation to officially launch a new freshly squeezed juice product.

During the week leading up to Founders Day people at Blue Skies participated in a number of activities including talks on the history and background of Blue Skies, and donations to local causes such as the Nsawam Hospital where food and supplies were handed over to hospital staff by people from Blue Skies.

Anthony remarked "I am deeply touched and surprised with this kind gesture from my friends in Ghana. I have never had such a celebrated birthday and I shall always look back on the day with fond memories"



Above: Blue Skies staff sing happy birthday to Anthony. More photos on P4

Snow falls in Ghana during Founder's Day juice launch!



Blue Skies Juice have launched a new freshly squeezed fruit smoothie during a rare snow shower at its factory near to Nsawam in Ghana. The artificial snow shower was produced to show how the product needs to be kept chilled.

The new product was introduced as part of the company's 'Founder's Day' celebrations in Ghana. The launch also featured demonstrations from the keep-fit club and a play.



Foundation visit Ghana projects



The Blue Skies Foundation Board recently met in Ghana to review progress on 2013 Foundation projects and consider applications for funding in 2014. The Foundation team are pictured above with the Principle of Dobro Primary School by the new three classroom block which was provided for the school by the Foundation. All 2013 projects have now been completed.

Love from Blue Skies UK



Above: Staff at Blue Skies UK were surprised to find a heart shape after cutting into a watermelon! Thanks to Marta Gozdzik for the photo.

Work starts on SA factory extension



As a result of range extension and good sales growth, work has started on a major factory extension at Blue Skies South Africa. The picture above shows land being cleared to make way for the extension.

B-Skies Egypt in COOP news



Blue Skies Egypt was recently featured in an article by the COOP in Switzerland. The article was about the world's only Fairtrade melons which have been launched by Blue Skies. You can read the full article online by following the link below:

http://www.coopzeitung.ch/Einzigartig_Fairtrade_Melonen+aus+Aegypten#tab_2

Blue Skies Thinking

The views expressed in this column are the views of individuals and do not necessarily represent the views of Blue Skies or Pelican News

Some eye opening claims about coconut water



The naturally sterile coconut water has won the hearts of many due to the overwhelming benefits it gives to mankind. It is tagged the "Fluid of Life". In fact, during the Pacific War of 1941-45, both sides in the conflict regularly used coconut water siphoned directly from the nut to give emergency plasma transfusions to wounded soldiers. The English name coconut, first mentioned in English print in 1555, comes from Spanish and Portuguese word coco, which means "monkey face." Spanish and Portuguese explorers found a resemblance to

a monkey's face in the three round indented markings or "eyes" found at the base of the coconut. Coconuts are the fruits of the coconut palm, botanically known as *cocos nucifera* with *nucifera* meaning "nut-bearing." The fruit-bearing palms are native to Malaysia, Polynesia and Southern Asia, and are now also prolific in South America, India, the Pacific Islands, Hawaii and Florida. It is botanically classified as a drupe and not a nut. It is the largest seed known.

The light, fibrous husk allowed it to easily drift on the oceans to other areas to propagate. It is believed that coconut palms were introduced in West Africa by the Portuguese about 500 years ago. It is believed that their cultivation in Ghana started in Keta in the Volta region. They were however gradually propagated along the coastal areas of the country such as the Greater Accra Region, Central and Western Regions.

Coconut water is the liquid that is taken from unripe coconuts. If coconuts get ripe the liquid that is inside hardens and becomes part of the white flesh of the coconut, which is used to make coconut milk. So picking the coconut while it is unripe will ensure that the body gets all the benefits of coconut water.

Coconut water is one of the best drinks to rehydrate the body. It naturally replenishes body fluids. Coconut water is a natural isotonic solution having the same electrolytic balance as we have in our blood. For this reason, many athletes and persons who work out are regularly encouraged to drink coconut water to replace all the minerals and fluid that they lose while working out. It keeps the body cool and at the proper temperature. It also balances pH and reduces the risk of cancer.

Coconut water is biologically pure, full of natural sugars, salts and vitamins which ward off fatigue. It is low in fats, cholesterol and chlorides and this attribute of coconut water aids in weight loss. It reduces food cravings and keeps a person feeling full. It is an excellent drink for diabetics as it is good in nutrients required by diabetics to keep their sugar levels in control. The presence of minerals, potassium and magnesium in coconut water greatly reduces the risk of kidney stones.

Tender coconut fluids act as a natural diuretic because it has properties that tend to increase urine production and flow. Urologists around the world recommend that kidney stone sufferers should drink coconut water every alternate day to gradually reduce their stone size for easy elimination.

It is packed with lots of vital nutrients and rich in amino acids, enzymes, dietary fibre, vitamin C and minerals such as potassium, magnesium and manganese. It is also an excellent source of B-complex vitamins such as riboflavin, niacin, thiamin, pyridoxine and folates.

Coconut water reduces hypertension because it contains high levels of potassium which promotes the excretion of water out of the body. It carries oxygen and nutrients to cells and also boosts the immune system. Interestingly, coconut water works miracles on the skin too. Coconut water has cytokinins which are beneficial for anti-ageing effects according to researches. When applied to acne, spots, wrinkles, stretch marks, cellulite and eczema it clears up the skin giving a youthful-looking smoother skin. It can be used as a light moisturizer on an oily skin. In addition to the benefits to the skin it also helps in repairing and growth of nails and smooth hair. It possesses anti-viral and anti-bacterial properties as well.

Coconut water contains monolaurin, an antiviral, antibacterial and antiprotozoal monoglyceride that is used to kill lipid-coated viruses such as HIV, Herpes, cytomegalovirus, flu and various pathogenic bacteria.

People who have typhoid, malaria, fevers or other ailments that are known to induce vomiting, drink coconut water to settle the stomach. As such, coconut water is also a good thing to drink during a hangover. Drinking coconut water with one teaspoon of olive oil for three days will kill intestinal worms and clear the stomach of worms. This enhances better digestion. It also raises metabolism.

Written by: Charles Kwadwo Adu (A biotechnologist with the Technical Department of Blue Skies Products Ghana Limited. Daboro- Nsawam)

Awards for Albert Heijn franchisees



Paul Breukelen is pictured above with Masha Vos of Albert Heijn during Franchisee Awards which were held this month. The awards were presented during a reunion after the Franchisee's visited Keyna and Ghana in April. The winning Franchisees were presented with a traditional Ghanaian stool inscribed with the Blue Skies and Albert Heijn logo.

SA farewell to Masingwaneng



Blue Skies South Africa has said farewell to Masingwaneng. She worked as Logistics assistant with Nkosana on a temporary contract. We would like to thank her for all her hard word work and contribution. We wish her all the best. By Waydu Matlala

Foundation Annual Report is published

The Blue Skies Foundation has published its annual report. You can download a copy by following the link below.

<http://www.blueskies.com/foundation2012.pdf>

Meet the Pioneers



This month we meet Elsie Oduro Agyekum who is one of our pioneers at Blue Skies Ghana. Elsie started working for Blue Skies in December 1997 where she received training from Robin Chapman and David Arnold. Elsie's first job was as a factory-hand and she was part of the company's first ever production in February 1998. Over the years Elsie progressed to become a

senior operative, a team leader in the technical department, a production senior team leader and a production officer, before eventually being promoted to her current position of Production Manager.

Elsie met her husband Mawuli in 2000 whilst she was working in Production. Mawuli was working in the technical department which he now manages. The couple got married two years later in 2002. She recalls that in the early days everyone was afraid of Vivian because she would ask lots of questions to test people on what they were supposed to know. She says that at first people thought she was harsh, but later they realised she was actually a great help. She said in the beginning people saw each other as family and there was a real sense of unity and common purpose, however now it is harder to maintain that culture as the company has grown.

Elsie's message is to say thank you to Dr Pile for believing in her. When Elsie was promoted to Assistant Production Manager she asked the then Personnel Manager for her job description and appointment letter. But she was told to go to Anthony because he had appointed her to this position. She was touched that Anthony had given her this job and moved that he had seen potential in her. Elsie would like to thank Anthony for his support and seeing something in her.

Poetry Corner

This month's poem by Francis Koomson is inspired by the 'Founder's Day' celebrations in Ghana

Whether rain or shine it's Anthony
Whether cloudy or clear it's Anthony
Whether moonlight or dark it's Anthony
Whether hot or cold it's Anthony
Whether windy or calm it's Anthony
Old but handsome still is he,
Kindness has refreshed him
He is blooming like a youth.
He finds out the cause and reason of one's action patiently.
There is love in his smiles
He has been a friend to the needy and the poor on seeing you in his office that is why Blue Skies.
You help local farmers to trade globally, our mother Ghana is proud of you for providing jobs for her people especially the youth.
Our Founder, our Hero you are indefatigable,
Because of your integrity and mental agility Blue Skies can now stand on Mount Everest to see New York in a distance.
Our Founder, our Hero
Ayekoo Anthony.

By Francis Koomson Blue Skies, Ghana.

Photos from Founder's Day



Anthony cuts the cake he received for his birthday.



Students from the local primary school perform a cultural dance



The keep fit club perform a routine to launch a new smoothie



Babies at a local hospital are given blankets and teddy bears as part of the Founder's Week activities.

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