



Dazzling showcase

Residents will soon be greeted by a fresh floral display at the main gate. Nursery & landscape design manager Ben Stone-Francisco explained that with the focus on the West Coast biosphere species, the look and feel would be a compact floral one. "Essentially, it will be a knock-out presentation of what homeowners can achieve in their own gardens.

"With the exception of the large water berry, I self-propagated all plants in soil conditions appropriate to the estate. That means those plants will live. And all plants displayed at the main gate are available at the nursery."

Nursery hours are Monday to Friday 8h00 – 16h00 and Saturdays 9h00 – 12h30.

Bullish

Despite the global financial meltdown last year and the recession in South Africa, Atlantic Beach flourished. ABHOA

company secretary Romyne Midgley said that investments in the estate continued to grow. Eighty-seven properties were transferred between January 2009 and January 2010. The average sales price was R2 179 505 and total rand sales R189 617 000.



And Nelson lived by the sea

The subspecies of Kelp Gulls found along the southern African coastline, *Larus dominicanus vetula*, or Cape Gull, is thought to be sufficiently different from the principal race that it's regarded as a full species. The specific name (*dominicanus*) derives from the Dominican order of friars who wore black and white habits.

Cape Gulls have a more angular head and a smaller, shorter bill than the Kelp Gull. With a white head, neck, underbody, rump and tail, the saddle and upper-wing are slate-black with a white leading edge. The yellow bill has a rounded red spot at the tip.

Being opportunistic feeders, Kelp Gulls prey on and scavenge mollusks, fish, crustaceans, other seabirds and even their own chicks and eggs. They also feed on terrestrial invertebrates such as

earthworms, moth larvae and inter-tidal shellfish. These birds are aggressive predators on offshore islands, robbing African Penguins, Cape Gannets, cormorants and terns of their eggs and small nestlings.

Depending on location and suitability for

feeding and breeding, the gulls nest on beaches, ledges, offshore islets, as well as among rocks and grassy headlands. Like most southern seabirds, they breed in November to December, producing up to three (usually only two) mottled eggs in an open nest lined with grass, seaweed, or debris. Eggs hatch in 23 - 30 days, while fledging occurs in 45 - 60 days. However, chicks are fed by their parents until after they can fly. Most Kelp Gulls ultimately return to colonies where they were born.

The southern African Kelp Gull population has been estimated at 11 000 pairs, of which 9 000 are in SA. The main factor in their population increase has been human subsidies: fish discards behind trawlers and at fish processing factories; even larger numbers occur at rubbish dumps, where they feed on discarded food.



Hello and goodbye



Henry Skinner

Ellmer Hartnick

Tony Beaton

Subashni Thaver

Delmary de Koker

It's with sadness that we've bid goodbye to maintenance manager Henry Skinner who has been diagnosed with late-stage Parkinson's. Former landscape manager Ellmer Hartnick has been promoted to

take over from Henry, while Tony Beaton has been re-assigned to the position of landscape manager.

Subashni Thaver has taken over from

Yolanda Koekemoer as estate administrative assistant, while Delmary de Koker is the new face and voice on reception.

Rebel without a cause

Juvenile delinquency has reared its very unwelcome head on the estate, with gangs of teenagers engaging in vandalism and hooliganism. Parents should take heed of the warning signs and nip such behaviour in the bud before it spirals out of control. Some rebelliousness and experimentation are common among adolescents. However, those that consistently participate in problematic behaviour that affects their family, academic and social functioning negatively, should get help.

Youth crime is a major issue. The level and types of youth crime often are used as an indicator of the general state of morality and law and order in a country.

Preventing delinquency requires identifying at-risk individuals and their environments before delinquent activity and behaviour occur, then removing such risk factors or strengthening resistance to risk factors already present. The most logical starting place for prevention efforts is the family. If your child is overtly defiant to authority figures, lying and/or exhibiting aggressive

behaviour, he/she may be headed for trouble. Juvenile delinquents sometimes have mental disorders/behavioural issues

such as post-traumatic stress disorder or bipolar disorder.



Lack of parental supervision or discipline, parental conflict or separation, abuse or neglect and the quality of the parental relationship with the child are considered contributing factors to juvenile delinquency. When parents generally don't know where their children are, what their activities are, or who their friends are, children are more likely to truant from school and have delinquent friends, each of which are linked to offending. (Graham & Bowling: 1995 p. 45, 46).

Delinquency prevention services include activities such as substance abuse education and treatment, family counselling, youth mentoring, parenting education, educational support and youth sheltering.

Remember, once the juvenile offender reaches maturation he's likely to continue exhibiting maladaptive behaviour, increasing his risk of being cycled through the criminal justice system as an adult offender.

1 March sees a re-energised and revamped Leisure Centre opening its doors again after completion of the alterations. Thanks to residents for putting up with the inconvenience, but be assured, it was worth it!

Catering for the whole family, there's a fully kitted out games room and a business centre for internet access, faxing and so forth. In the gym, new equipment – sourced by a professional gym designer – has been added and we'll supplement these over time. Not only will gym staff be available to explain how the equipment should be used, but personal trainer Sonja Kelly is available for those that want a customised work-out. Also available are

Family first at revamped centre

yoga classes and aqua aerobics.

The pool pump is operational again and rest assured, the heating system is up and running.

To add a truly Atlantic Beach flavour to the centre, we're running a competition. First up is a name change for the Leisure Centre and the winning entry with the most original name will win a weekend for two at a special venue.

Next is the origination of names for the various rooms: the Blue Mountain

function room, the gym, business centre and games room. Each winning entry will win dinner for two at Eastern Fusion in Melkbosstrand. The only name that will remain is Benguela Terrace. When sending in your entry to admin@abhwa.co.za, please specify your name and erf number. Winners will be notified by email. You may send as many entries as you like. The judges' decision will be final.

Please let us know via email to admin@abhwa.co.za whether there are any other activities you'd like at the centre.

Bring out the best



being around you. Conversely, if you're difficult, your positive qualities are overlooked and people avoid you. Try the honey method and reap the rewards.

Think before promising

Many semi-unconscious promises add to overall stress with statements such as, "Call me if you need help", or "I'll gladly pick that up for you". By the end of the week, you have an entire page of promises that need to be delivered. Many

Transforming your outlook and behaviour in the workplace won't only ease stress at work, it also will lead to a happy home life. So, bring out the best in yourself and others at work.

Stop complaining

Moaning or thinking excessively about your problems increases your stress levels. By taking a positive step towards improving the source of stress, you're already well on your way to finding a solution. Don't gossip or remain resentful or frustrated.

Appreciate the demanding boss

Demanding people are demanding to everyone – i.e. it's not personal. Abrasive bosses will push you out of your comfort zone, helping you to rise to a new level of competence. If you're less adversarial and defensive, you'll take their demands in your stride.

Be kind

When you're kind, patient, fair and a good listener, your colleagues/staff will love

promises are necessary. However, a certain percentage doesn't need to be made in the first place. Make fewer unsolicited offers. Advantages are: it'll save you time and energy and the few

promises that you do make will mean more.

Absorb speed bumps

Depending on how you approach and deal with the bump, it can be an uncomfortable, even damaging experience, or simply a temporary slow-down. If you step on the accelerator, you'll hit the bump with a thump and might damage your car. But, if you approach it softly, you'll be over it smoothly without any adverse effects.

So, you can be annoyed about problems and complain. On the other hand, you can calmly decide what action is likely to help you over this hurdle in the most effective manner. Why treat each problem like a major disaster?

Reference: 'Don't Sweat the Small Stuff at Work' (1998) by Richard Carlson.

Utter rubbish



"An unwanted garden gnome doesn't fall into the category of garden refuse!"

EGGciting

It's time for all things chocolate again on Easter Sunday 4 April when bunnied and chicked-out kids will be on the prowl for those elusive eggs. The EGGcitement will take place at eight sharp in all the parks, where children will be split into age groups.



Chipping kings

It has been pleasing to note that many responsible residents have been micro-chipping their felines. So much so that cats take the honours in the chipping stakes on the estate. Residents are reminded that estate rules require cats to be collared and belled as well.

Top guns

The winning landscaping team at the end of last year was Garden Kings. Second prize went to Victory, third to Unexpected, fourth to Riemvasmaak and fifth to Freespirit. Garden Kings' members are, standing: Walter Lottering and Colin Jacobs; seated: Lesley Fransman and Mario Poggenpoel.



Everyone loses

In a highly unfortunate incident, one resident dog killed a cat on the estate (his third victim). This sad state of affairs where an owner doesn't take the necessary measures to keep his dog confined on the premises means everyone loses. A cat has lost his life, someone has lost a beloved cat, the dog owner has had to re-home his equally beloved dog and the dog loses his original owner. Keep your pets on your property please!

Intrusion alert

After a number of intrusions on the estate, residents are reminded that standard security precautions are necessary at all times. Link alarms to the estate control room, arm alarms, close windows and doors, don't leave valuables on display and know to whom you provide entry to the estate.