

Shy ungulate

The tiny, shy common or grey Duiker derives its name from its characteristic habit of taking off at high speed in a series of zigzag diving jumps when alarmed. *Sylvicapra grimm* generally has a pale reddish-brown to grizzled grey coat depending on the geographic location. While the muzzle, nose bridge and forelegs are black, the short tail is black on top, contrasting sharply with a fluffy white underside. Long, pointed ears are separated by a tuft of hair on the forehead.

Females are usually larger than males while only the males have short horns. Adult males stand 500 mm at the shoulders and females are about 20 mm higher. Males weigh 15 -18 kg, females 16 - 21 kg.

Feeding predominantly from dusk until dawn, the grey Duiker rests in favourite scrub or grass hiding places during the day. This small antelope has exceptional speed and stamina and is usually able to outrun dogs that chase it. Home ranges of same-sex individuals rarely overlap. However, there's substantial common

land in ranges of individuals of opposite sexes. Males are territorial, marking their defended areas with preorbital secretions and attacking intruding males.

Distribution is in sparse forests, brushy steppe, savanna and mountainous regions throughout sub-Saharan Africa. They browse a wide range of broad-leaved forbs, trees and bushes, but also eat fruit, pods, seeds, roots, bark, flowers, fungi, caterpillars and even nestling birds. In arid areas wild melons are eaten for water content.

Birth is given to one (rarely two) young after a gestation period of three months at any time of the year, peaking in summer. Full-grown at seven months, females first mate as early as 8-9 months. Mating varies from monogamous pairs to males with more than one female.

Duikers are probably the most successful bovid species in Africa. Their lifespan is



8-11 years. Main predators are eagles, leopard, jackal and python.

References: www.krugerpark.co.za; wikipedia; www.ultimateungulate.com; home.intekom.com; www.feris.edu

Spare yourself embarrassment

Again we're experiencing problems with late and non-payment of levies. And we're sticking to the book as regards defaulters.

Levies are payable monthly in advance by the 1st of the month. From the 7th interest is accrued on late payments. On the 12th we strike like clockwork, suspending all Home Owner Association services. And believe me, you don't want this to happen:

- Biometric access control is suspended – this means you have to sign in at the visitor entrance while other residents whiz past through the residents' entrance (after taking a good look at lonesome you)

- visitor announcements are suspended – so your visitors have to phone you from their cell phones and you have to drive

to the gate to collect them and do the same when they need to exit

- refuse collection is suspended
- access to the Leisure Centre and community events is barred



"What I find particularly mortifying is the snort of derision when he reads under reason for visit 'TO GET HOME'."

To rub salt into the self-inflicted wound, the levy account is handed over for legal collection and in terms of Article 9 the legal fees are for the debtor's account. What's more, members served with a service suspension notice because of unpaid levies will be charged a monthly administration fee of R100 excl VAT.

The long and the short of it is, pay up!

Ringling in the new

With the new Leisure Centre complete, residents now have the benefit of enjoying a host of activities.

Monday 10h30–11h30: Power yoga
 Monday 6h30–7h30: Pole dancing
 Tuesday mornings: Aqua aerobics;
 Nia class – yoga and martial art movements to hip-hop music
 Tuesday 10h30–11h30: Pole dancing
 Tuesday 6h30–7h30: Power yoga
 Wednesday mornings: Belly dancing
 Wednesday evenings: Belly dancing
 Thursday mornings: Beginner's photography
 Thursday evenings: Nia class

Friday mornings: Mothers & miracles – enhancing your child's potential through movement and music

From Monday until Thursday a personal trainer is available from 7 until 7. At the tennis court private tennis coaching is available. Phone Claire Jones at the ABHOA offices for more details.

For fitness enthusiasts the air-conditioned gym contains two treadmills, one spinning bike, one reclining bike, two steppers, a water fountain and plasma TV. Leisure Centre staff are all trained in the equipment use.

In July the pool and solar panels will be resurfaced, plus larger pumps will be installed.

“During the interminable winter school holiday from 9 June until 13 July, the centre's focus will be on children's activities”

The Hub is fast becoming just that. Many residents are using it as a satellite office for internet access, printing and faxing. There are also four gaming stations for children and needless to say, it's a hot meeting spot. During the interminable winter school holiday from 9 June until 13 July, the centre's focus will be on children's activities.

Each room within the centre can choose individual music and the whole building has been fitted with CCTV cameras. Tokens for the golf ball dispenser can be obtained at the centre.

Apart from selling soft drinks, the centre is licensed to sell wine and malt. Light lunches comprising sandwiches, panini and pizzas are served daily.

At last residents have a fabulous function venue right on their doorstep. So, if you wish to use the centre, please phone manager Claire Jones on 021 553 0590. The Leisure Centre staff consists of manager Claire Jones, assistant manager Sharon Jantjies, housekeepers Anna Isak and Ashley Cornelius, general assistants Natasha Solmons and Carmenita Dyers, as well as caretaker Marius le Roux. Weekday hours are 6h00 – 20h00 and weekends 7h00 – 20h00.



Before



After



Before



After



Before



After



Before



After



Leisure centre staff Anna Isak, Sharon Jantjies, Natasha Solmons, Carmenita Dyers, Claire Jones, Ashley Cornelius and Marius le Roux (Inset).

Leisurely launch

Guests arrived in droves at the Leisure Centre relaunch at the end of March. Everyone had fun – kids, adults and well, snakes. The photos tell the story.



Balance work and life

If you find that work has become your entire life, Barton Goldsmith has some tips to help you find balance again.

- Should work occupy most of your thoughts, get your priorities right. Start telling yourself that family comes first. Then start doing something to make up for ignoring them. It can be as simple as coming home early at least twice a week.
- Keep track of important dates (birthdays, anniversaries and other special occasions) in your calendar or electronic devices. If

you use an electronic device, keep a hard copy for back-up.

- There are times when you need to focus on yourself. You owe yourself at least ten minutes of peace every day. Just meditate or stare at the scenery in peaceful surroundings.
- When you come home, leave your Blackberry/Ipnone or whatever in your car, so you can give your attention where it belongs. If this creates too much anxiety, it's a sign that your life isn't balanced.
- Leave your work at the office and unless it's a true emergency, don't take business calls at home.
- The Internet can be addictive and will eat up precious minutes if you allow it. Spend the free time you have with real people who love you, not online.
- Make sure you dedicate as

much time to your relationship as you do to your job. If you travel a lot, try taking your partner along whenever possible.

- Talking about your relationship is the most important tool you have to keep it on a positive track. Make sure you check in with the one you love at least once a week and talk about your life together.
- If you have the luxury of a paid vacation, use it. Things change quickly.



Fenced in

In a massive operation, the Atlantic Beach Golf Estate perimeter fence electrification is being replaced because alarms to the control room were found unreliable. According to security manager Jerome Davids, all 26 electrical strands along the 6,2 km fence are being replaced. He said the six-month replacement process over five sectors would be done sector by sector. First up is sector 3 – between the beach and main gates.

Davids confirmed that the zones were being increased from every 150 m to every 80-100 m. Insulators, bobbins and straining insulators will all be replaced to bring the fence up to the Gallagher standard – the ultimate in perimeter security fences.



Help!

Residents are reminded that for visitor announcements, complaints, problems and so forth, the control room – not the gates – should be called. All calls to the control room are logged, whereas those to the gates are not.

Gotcha!

It's reassuring to know that the estate's security personnel have been instrumental in curbing criminal activity along the fence during their routine patrols. In one instance, the security guards nabbed six abalone poachers and in another 115 parcels of cannabis, better known as dagga, were seized. The police were subsequently called to deal with these matters.



Egg mania

Sunday 4 April saw a huge hunting party as young and old alike scrambled to find those elusive Easter chocolate delights.



Wheelie watch

As from 1 May only wheelie bins with the City of Cape Town serial number and logo (see photo on top) will be emptied by the appointed private contractor. Wheelie bins such as the one on the bottom, which was acquired independently, won't be emptied. Unfortunately the City pays the contractor only for the scanned City Council bins.

To order another wheelie bin and/or serial number sticker from the City, phone 0860 0103089.