

## High alert



After four brazen armed robberies in Melkbos, ABHOA is working closely with the Community Police Forum which is instituting a neighbourhood watch in Melkbosstrand. Estate residents are urged to be aware of personal security at all times. Those residents wishing to participate in the Melkbos neighbourhood watch should contact estate resident Ken Harrison. His details can be obtained from the estate office.

Meanwhile, ABHOA appreciates the efforts of those residents participating in the estate's Street Watch programme.

## If you speed, you kill



It's very concerning that a local veterinarian felt it was necessary to write to ABHOA expressing his dismay about the large number of animals being hurt in road accidents on the estate. And the estate is supposed to be a safe environment for humans and their pets alike. So, because of this letter, ABHOA will continue with the roll-out of speed cameras on the estate.

Further traffic calming measures are being considered for those areas where speeding is the biggest problem.



## Excavator extraordinaire

The Cape Dune Mole Rat is the largest subterranean mammal in Africa. *Georychus capensis* is found in the south western and southern parts of the Western Cape in soft coastal sand and is the only species in the genus *Georychus*.

Weighing between 1 and 2.5 kg, its cylindrical body of 250 – 350 mm is covered in short thick fur, with short limbs and a tail. There's a stiff hair fringe on the tail and the outside edge of the hind feet to help control the soil while digging. The feet have strong claws. Adapted for digging, the eyes are small. One of the Mole Rat's most characteristic features is the large white protruding incisors. The lips close behind the grooved teeth to prevent it from swallowing sand while digging or feeding.

By reversing, the Mole Rat pushes soil through the tunnels of its burrow system - as much as 500 kg of soil to the surface each month. Solitary and aggressively territorial, each animal maintains its own burrow system spaced apart from its neighbour. Rarely venturing above ground, the animals sometimes are forced above ground during the rainy season when the water table rises. The wet, cold animals are easy prey and their

predators include dogs, snakes, eagles, jackals and caracal.

These creatures eat bulbs, tubers, rhizomes and plant stems. As the food is rich in moisture, they don't need to drink. When venturing above ground, Mole Rats collect leaves and seeds and may eat earthworms, beetle larvae and termites. It stores its food in a large chamber and is said to bite off the buds of bulbs and tubers to stop them sprouting. This ensures that stored nutrients aren't used to produce new shoots and stems.

*Georychus capensis* may produce two litters from August to December. These solitary rodents signal to each other through the soil by drumming with their hind feet. This drumming is probably important in spacing the burrow systems and triggering the onset of reproductive behaviour. Gestation is 93 - 94 days and the mean litter size is 5. Pups develop rapidly and inter-sibling aggression begins at 35 days, eventually resulting in the pups dispersing when about 60 days old. The Cape Dune Mole Rat has a life span of 12 - 15 years.

Sources: [biodiversityexplorer.org](http://biodiversityexplorer.org/); [onlinelibrary.wiley.com](http://onlinelibrary.wiley.com/); [wikipedia](http://wikipedia.org/); [en.allexperts.com](http://en.allexperts.com)

# Club news

ABHOA chairman Joseph Stoltz has been appointed chief executive officer of the Atlantic Beach Golf Club.

The Golf Club restaurant hours are:  
Monday – closed  
Tuesday – closed  
Wednesday – 18h00-23h00 if there are 10 or more bookings  
Thursday – 18h00-23h00  
Friday – 18h00-23h00

Saturday – 18h00-23h00  
Sunday – 9h00-17h00

Bar hours are:

Monday – 16h00-19h00  
Tuesday – 11h00-19h00  
Wednesday – 11h00-22h00  
Thursday – 11h00-23h00  
Friday – 11h00-23h00  
Saturday – 11h00-23h00  
Sunday – 11h00-17h00



## No devaluation here



While many residents in various Cape Town suburbs struggle to preserve the value of their properties because of badly maintained properties in their areas, Atlantic Beach residents are fortunate in that estate management addresses this matter continuously. Therefore, thanks to all those residents who have been proactive in sprucing up their properties. Management will continue to address the problem of neglected properties strongly.

To avoid housing decline, a high proportion of homes in a residential neighbourhood needs to be well maintained. Competition quickly drives

potential buyers to other parts of the city if both the area and private homes show neglect or disrepair.

So neighborhoods should watch their most important asset, neighbourhood quality as indicated by housing maintenance, very carefully. If you want to avoid housing decline, characteristics to monitor include:

- Housing tenure - whether housing is occupied by owners or renters. An owner-occupied residential neighbourhood is likely to be much more stable, exhibit less turnover and show the fruits of ownership pride. Unkempt rental units can quickly

lead to general housing decline.

- Trend in age and household composition of occupants. Certain areas often attract people of approximately the same age and if those people stay in place, eventually there's a group of older adults who are ready to leave their homes at about the same time. If retirees neglect maintenance, this factor alone can lead to housing decline. Therefore neighbourhood demographic trends are worth watching.

- Affordability to an ample market of households that would like to live in the vicinity.

- A residential neighbourhood needs to show a high percentage of well-maintained homes to remain competitive. Only a couple of poorly maintained residences taint a block, and a few blocks showing mixed maintenance means that housing decline has arrived.

ABHOA's offer of a free compliance inspection prior to selling a house still stands. We thank residents who have had their houses inspected well in advance of selling.

*References*

<http://www.useful-community-development.org/housing-decline.html>

[http://www.ehow.com/about\\_7336514\\_property-value-decrease\\_.html](http://www.ehow.com/about_7336514_property-value-decrease_.html)

## Soaring in popularity

Functions at the Leisure Centre have proved popular and many a celebration has been hosted at the venue recently. For those planning to have a function, we wish to point out that unfortunately the Liquor Licence requires music to be turned off at 23h00.

The pool issues are under control and every week an external pump is being used to improve circulation and aeration. However, heating is still a problem. Every Monday the pool is closed for cleaning and maintenance. If the Monday happens to be a public holiday, it will close on a Tuesday. Tennis nets have been replaced and a practise wall hopefully will be constructed in July/August.

In the gym the rowing machine has

been revamped and the multi-function machine has a new pull-down weight attachment. After our plea in the last issue, we thank parents for preventing their children from using the gym without adult supervision.

A special holiday programme has been laid on at the Leisure Centre for children. On the cards is face painting and new PC games among others.

# You can choose your friends ....

Life is so maddeningly hectic that no-one can afford to have 'neighbour troubles' these days. In fact, living with good neighbourliness just makes life considerably more pleasant. Estate living emulates village life to a large extent and in this context it's even more important to promote good neighbour relations.

A good neighbor looks out for others – neighbourhood watches being a prime example. Good neighbours help each other. And most importantly, good neighbours are respectful of one another. They consider people living around them. They avoid keeping others awake with loud parties and barking dogs. They mow their lawns and maintain their property. Plus, they ensure that their children are respectful too.

Hillary Clinton said, "It takes a village to raise a child." Your neighbours are your village. What would help is to focus on the similarities between you and your neighbours and not the differences. Being on bad terms with your neighbour can make life frustrating day after day. But taking the time to establish good terms

with your neighbours has numerous benefits. The community will be friendlier, the neighbourhood safer and the estate a more pleasant and comfortable place to live.

Some of the reasons why it's important to be a good neighbor are simple: they may take in your mail and paper while you're away; they look out for suspicious activity around your home when you're on vacation and notify you if anything is amiss; you can always borrow that cup of milk when you simply don't feel like driving to a store.

If you've ever lived next to bad neighbours you may take the good ones for granted. It's not until you move away from neighbours who party all night and leave beer cans in the garden or the neighbour who has pavement grass two meters high that you really appreciate the good ones who are quiet and keep their lawn trimmed.

Tips for being a good neighbour are pretty commonsense: introduce yourself; consider your neighbour's lifestyle; don't



allow your dogs to bark unnecessarily or to go on and on; notify your neighbours when you're having a party and turn the music off at a respectable hour; keep your garden tidy; position your braai where the smoke and smell are least likely to blow onto your neighbour's property; practise parking etiquette; and be nice.

Who knows, some neighbours may turn into being lifelong friends.

References: <http://www.wikihow.com/Be-a-Good-Neighbour>;  
<http://hubpages.com/hub/Being-a-Good-Neighbor>;  
<http://EzineArticles.com/4338668>

## Losing it?

**A MEMORY LOST DURING THE DAY CAN BE RECOVERED AFTER A FEW HOURS' SLEEP, ACCORDING TO SCIENTISTS WHO MAY HAVE FOUND A REMEDY FOR FORGETFULNESS.**

Sleeping enables the brain to recover lost memories and appears to be essential for remembering names, telephone numbers and where you put the remote. People performed memory experiments significantly better after a good night's sleep, which was found to be crucial for effective storage and retrieval.



awake at the time you're taught. "Sleep has at least two separate effects on learning. It consolidates memories, protecting them against subsequent interference or decay. It also appears to restore memories," they said in the journal *Nature*.

involved learning and remembering the machine's highly unusual speech patterns. Students who were trained in the morning and tested again the following morning following a night's sleep, improved their performance considerably compared to those who were tested twice during the previous day with no sleep.

One theory about memory is that it may be lost during the day because of interference and distraction caused by other events. "If performance is reduced by interference, sleep should strengthen relevant associations and weaken irrelevant associations, improving access to relevant memories."

Scientists at the University of Chicago have demonstrated scientifically that there's more to learning than being

Their study involved testing students who were asked to recognise the words spoken by a voice synthesiser. This

Can't find your keys? Take a nap.



# All things green

No rest for the wicked in the ABHOA landscaping department. The teams are busy planting winter and autumn species and unblocking stormwater culverts in anticipation of a predicted wet winter. At roundabouts and intersections, the vegetation is being lowered and thinned for increased visibility to boost road safety further.

With their nifty green fingers the landscaping team has revamped the golf club gardens from unkempt to beautifully manicured.

At the nursery, the winter sale will run from 18 – 30 April with all plants discounted by either R5 or R10. As from May the nursery will revert to its winter weekend hours, being open only every first and third Saturday of the month, 8h30 – 12h00.

Residents who want to clear their gardens of alien species according to the estate plant list may contact the estate office for species identification.



## On track

Having completed the majority of the Driftwood Way section (parallel to the R27), the electric fence upgrade is on schedule. And as part of routine maintenance the palisade fence is being repainted.

# Hopping mad

Bunnies, albeit human ones, will be seen all over the estate with the annual Easter Egg Hunt on Sunday 24 April – starting promptly at 8h00. All kids are welcome to meet in the three parks. For families, there's a scrumptious Easter Sunday buffet lunch at the Club House to look forward to.

The egg is widely used as a symbol of the start of new life, just as new life emerges from an egg when the chick hatches out. It started with the egg as a pagan symbol of the earth's rebirth in celebrations of spring and was adopted by early Christians as a symbol of the resurrection of Jesus. The oldest tradition is to use dyed or painted chicken eggs, but a modern custom is to substitute chocolate or plastic eggs filled with confectionery such as jelly beans.



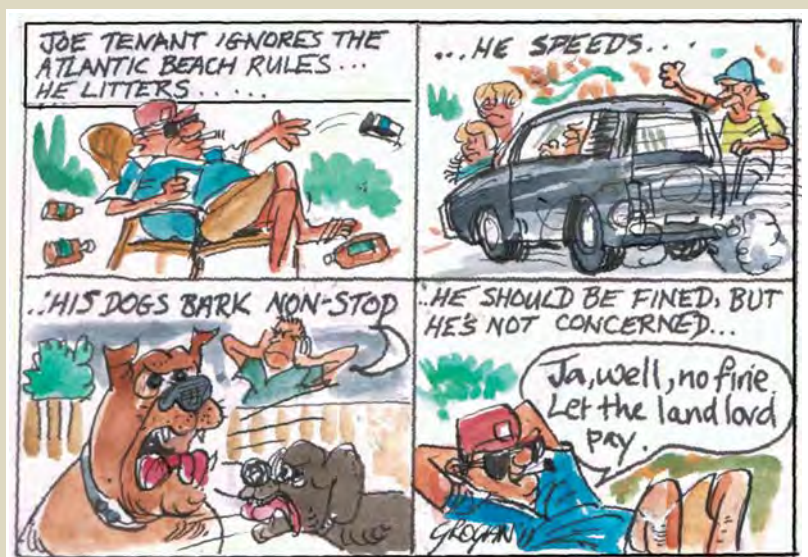
Many nations also have an egg dance. In this Easter game, eggs are laid on the ground and the goal is to dance among them without damaging any eggs. In the UK the dance is called the hop-egg.



## Almost full-up

Only 28 plots on the estate are vacant. We all want the estate to be built up as soon as possible; therefore, we thank all those neighbours who have silently and patiently contended with construction work, blowing sand, noise, etc. A good neighbour means a lot to prospective house owners who have to live the building nightmare daily.

# Tenants ignoring rules





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- 3 RUBY LAMP LANE • 18 STERLING WAY • 34 NAUTILUS CIRCLE
- 15 SANDSHRIMP LANE • ATLANTIC BEACH LEISURE CENTRE • 5 SUNSETCLAM WAY
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