

A man for all reasons



With a passion for service excellence, newly appointed estate CEO Harry White believes that the quality of service impacting on the lives of Atlantic Beach residents is all-important. And he's there to ensure that the new vision for the estate will reflect this.

As past CEO of Steenberg Golf Estate in Constantia for nearly five years White has significant experience in managing and controlling an estate of this nature. In addition to his extensive homeowners' association management experience, he has clocked up more than 10 years in golf club management. As former MD of a leading security concern specialising in estate and hotel security in Cape Town

during the last two years, White has amassed vast experience in the physical and technical security fields. He attributes his ability to work and communicate with people at all levels to his involvement with persons across the spectrum of society and as high as presidential level, such as PW Botha, FW de Klerk and Nelson Mandela.

He summed up his aspirations for the estate, "Renowned trend forecaster Li Edelkoort recently made the following statement on future lifestyle trends, *"The focus is on authenticity and local colour. Slow food and slow fashion are part of this movement towards a radical new lifestyle, away from the city and its high levels of stress and testosterone, on the road to a healthier lifestyle."* White thought that the estate fit this foresight well, and in fact offered the best of both worlds. "Atlantic Beach Golf and Lifestyle Estate must find a sound all-encompassing vision for everyone to buy into. Once we find this niche, we need to build and promote the brand in all estate disciplines and aspects to ensure that others aspire to be part of it. Residents should join in and contribute where possible.

"People must play golf, eat, stay at or buy property here because they associate with estate's vision and the quality of the offering - not because the price is right. This we can do only if the past is put behind us. We must believe in what we have on this beautiful estate."

White has been happily married to Dalena for 18 years. The couple has a 16-year-old son Daniel, plus Jack Russell Diesel, American Bulldog Levi and cats Sökkies and Roxy. When not working, he enjoys cooking - but these days there simply isn't enough time.

FAST FACTS: *To read:* Crime novels. *Food/drink:* Tapas-type meals with Sauvignon Blanc. *Music:* Era or Adele. *Sport (self):* Golf. *Sport (spectator):* Rugby. *Hobbies:* Fishing.

We are proud of our appointment as Managing Agents of Atlantic Beach Homeowners Association. We are confident that the outstanding service we have provided to Trustees and Owners of Bodies Corporate and Homeowners Associations for the last 15 years will continue with you for many years to come.

CONTACT Mike Morey
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Avoid aquatic mishaps

Tragic water accidents happen quickly. The most common reason for aquatic mishaps is a lack of safety knowledge. Here are a few tips:

- learn to swim
- swim near a lifeguard
- never swim alone
- don't dive into unknown water or shallow breaking waves
- ask a lifeguard about beach and surf conditions before swimming
- rely on your swimming ability rather than a flotation device
- look for, read and obey all beach safety signs
- supervise children closely, even when lifeguards are present
- if caught in a rip current, swim sideways until free - don't swim against the current's pull
- alcohol and swimming don't mix
- if you're in trouble, call or wave for help
- swim parallel to shore if you wish to swim long distances
- scuba dive only if trained and certified - and within the limits of your training
- no glass containers at the beach - broken glass doesn't go with bare feet
- never turn your back to the ocean - you may be swept off coastal bluffs or tide pool areas and into the water by waves that can come without warning
- if in doubt, stay out!



The estate's opera singers

The Bokmakierie's call is a delight to hear. The paired birds almost invariably call in duet and have an extensive repertoire, but the call often contains a *bok, bok, bok*, followed by a *krrreee* response. Hence the bird's common name. These performances can last several minutes – with the birds' heads thrown back, bills wide open, bobbing and calling to the sky in a well-choreographed duet. They sing at any time of the year, usually from the top of a bush, fence or roof.

There are four subspecies, differing mainly in colour, shade and size. As a bush shrike, this family of passerine birds is closely related to the true shrikes in the family Laniidae. Bokmakieries belong to the *Malaconotidae* bird family group which includes Bush-shrikes, Puffbacks, Tchagras, Boubous, Helment-shrikes, Batises and Wattle-eyes. Near endemic to South Africa and Zimbabwe, these birds prefer open habitats, including

karoo scrub, fynbos, highveld koppies, semi-desert scrub, as well as parks and gardens in urban areas. The bulky cup nest is constructed in a hedge, scrub or



Telophorus zeylonus is a fairly large shrike, about 24 cm in length, with a grey crown and an olive green back. Eyebrows, throat and underparts are yellow and it has a broad black gorget. The tail is black, tipped with bright yellow and with green central rectrices. Brown eyes, a hooked black bill and bluish-grey legs complete the picture. The sexes are similar in plumage, but the males are bigger than the females.

Bokmakieries are monogamous. Unlike the true shrikes, the Bokmakierie is shy and skulking. It has a typical shrike diet of insects, small lizards, snakes, small birds and frogs. This bird forages for food on the ground, but it attacks invertebrates aerially and feeds on wing or takes the prey to a secluded venue where it's killed, torn into small pieces and eaten.

It's predated itself by snakes, mongoose and large shrikes.

References: <http://www.sa-venues.com/wildlife/birds/>; Wikipedia; Wilkinsonsworld.com
Photo: www.savoels.net



tree fork. The two to six, usually three, red-brown or lilac-blotched greenish-blue eggs are incubated by both sexes for about 16 days to hatching, with another 18 days to fledging.

<p>ATLANTIC BEACH PROPERTY SALES</p>  <p>PERFECT FOR THE YOUNG AND OLD Instantly appealing @ R2.98m.</p> <p>North-facing and single level home with superb outdoor living space. High ceilings and open plan design and lots of light. Entrance hall, dining room, lounge, open plan kitchen, two big covered patio areas (one with braai), study, three bedrooms, two full bathrooms, main bedroom with dressing room, double garage, staff toilet and laundry area. Well-established garden with irrigation system. The property is walled and the sunny pool is heated. Air-conditioning/heating in living areas and main bedroom. Situated a short stroll away from the Leisure Centre and Clubhouse facilities. View by appointment.</p> <p>Exclusive Sole Agent: Morris Pieterse 083 228 4081 See it all on: www.atlanticbeach.co.za</p>	<p>ATLANTIC BEACH PROPERTY SALES</p>  <p>THE ANSWER TO A BARGAIN 250 square meter home @ R1.98m</p> <p>Cul-de-sac setting near the entrance of the estate. Downstairs: Entrance hall, open plan kitchen with separate scullery, spacious dining room and big open plan lounge leading on to a braai patio, office nook, plus a guest bathroom and guest bedroom, extra big double garage and two back court yard areas. Upstairs: Two extra big double bedrooms, each with own full en-suite bathroom. Walled, private garden with space for a pool. Lots of scope for additions – plot size is over 500 square meters. Excellent value for money for a clever buyer that can spot potential. View by appointment.</p> <p>Exclusive Sole Agent: Morris Pieterse 083 228 4081 See it all on: www.atlanticbeach.co.za</p>	<p>ATLANTIC BEACH PROPERTY SALES</p>  <p>ROOM TO PLAY AND ENTERTAIN Iconic three level home with guest cottage R7.5m.</p> <p>An outstanding home in a prime setting, with the views to match, plus absolutely superb finishes and every room you will ever need! Cul-de-sac setting high on the ridge at the far end of the estate. Modern yet neutral finishes include an imported Italian kitchen, top quality travertine floors, under floor heating in all bathrooms, magnificent light fittings, Koi pond & water feature. Main house: 540m². Cottage: 82m² Garaging: 72 m². Plot: 1480m². Features include a huge 36m² balcony plus patios with wooden decking and a massive entertainment room and home theatre basement. View by appointment.</p> <p>Exclusive Sole Agent: Morris Pieterse 083 228 4081 See it all on: www.atlanticbeach.co.za</p>
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Security beef-up



On 1 October Dirk Muller took over as Atlantic Beach's estate and security manager. A retired Brigadier-General of the SA National Defence Force, Muller served in the capacities of director of security, investigations and intelligence during 26 years' service. On retiring, he became a farmer and holiday resort owner. Both his functions on the estate

fall within the ambit of his professional experience.

Since his appointment Muller has been busy with an analysis of the full spectrum of security measures on the estate to identify shortcomings and rectify these where necessary. He said, "At this early stage I can already say that the perimeter fence has serious shortcomings which are being addressed as a priority. Systems which are, or should be, integrated with the fence are being evaluated and will be upgraded or implemented as soon as possible.

"Another aspect which we've identified as being in need of urgent attention is the dedicated execution of access control. These shortcomings have caused great frustration to residents and their guests. We're also addressing this as an urgent matter and residents' exasperation should soon ease."

As far as estate management is concerned, the current focus is on compiling operating procedures of all aspects pertaining to building activities. Muller continued that speeding was a major issue. "Motorists aren't adhering to the speed limit of 35 km/h. Especially Stirling Way seems to be the street of choice for speedsters."

Finally, he was dismayed about the high incidence of pets fouling open spaces. Sadly, it's not the pets that are to blame, but the owners accompanying the pet who don't remove the excrement.

Summarising his vision for the estate, Muller said, "We're dedicated to creating an environment and community where people feel safe and where property is protected 24/7/365. But it's imperative that everyone on the estate should participate in establishing such a model which will become the envy of all. Residents should please adhere to estate rules and be security-conscious at all times. Remember, we as management are but a phone call away."



Advertisement feature

RECORD SALE ON ATLANTIC BEACH GOLF ESTATE

The highest price ever recorded in the Cape Town Deeds Office for the sale of a home on Atlantic Beach Golf Estate was achieved recently. Co-principal of Atlantic Beach Property Sales Morris Pieterse sold a house in Norfolk Village for a record R10 million. Both the buyer and seller worked exclusively with Pieterse.

The South African buyer didn't hesitate to submit the offer and the deal was closed within 48 hours. "It underlines once again that the Atlantic Beach Property Sales office, agents on the estate since inception in 1998, continues to attract the cream of buyers and sellers alike," he added.

"Word-of-mouth still brings in the majority of our buyers and our prominent full-colour, front page weekly advertisements in the Cape Town papers and national property press ensure that new buyers reach us promptly."

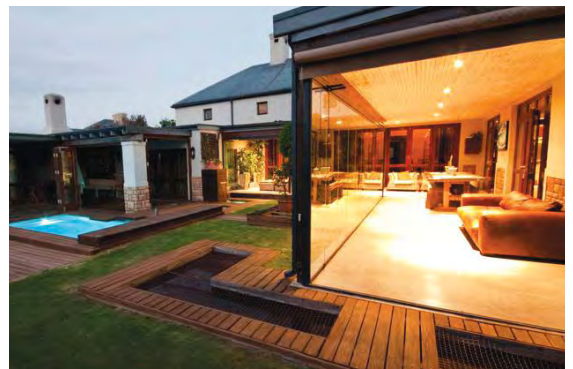
Contact Morris Pieterse, the original on-site agent since May 1998, on [moris@atlanticbeach.co.za](mailto:morris@atlanticbeach.co.za) or call him on 083 2284081. The official website for Atlantic Beach Property Sales is www.atlanticbeach.co.za.

HIGH RENTAL DEMAND ON ESTATE

The rental department of Atlantic Beach Property Sales is experiencing more enquiries for rentals on the estate than ever. "We need stock urgently," said rental agent Cathryn Dykins. "This time of year is traditionally a busy period in the Cape Town rental market, but the current demand for rentals on the estate is simply beyond the norm. The big drawcards for tenants, as is the case with buyers, remain the excellent security and unrivalled family lifestyle that's so unique to the estate.

"Landlords still have to remain realistic with the rent that they demand. Money is tight and there are many smaller security complexes to compete with."

For more information about rentals on the estate call Cathryn Dykins on 021 5533122.



IMMACULATE HOME SELLS WITHIN A WEEK

This immaculate home on the second fairway was sold within one week from listing with Atlantic Beach Property Sales. The buyers fell in love with this well-presented home and their offer of 5% below the asking price was accepted. "Homes in top condition certainly sell faster and for better prices," said co-principal Morris Pieterse. Contact Morris Pieterse on 021 5533122 for a free valuation and some valuable tips on how to prepare your home for a successful sale.

ATLANTIC BEACH
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Pivotal role on the estate

kept up to date, but also provide appropriate guidance and advice to the board on its duties and responsibilities.

As to his contribution to ABHOA, Morey believed that the wealth of experience attained in managing a number of prestigious HOAs and Bodies Corporate across the Cape Town metropole would enable him and his team to add immediate value to the broader turn-around strategy envisioned for the Association.

Morey is a qualified financial accountant who has been actively involved in the real estate industry for more than 18 years. He's been involved in aspects of finance,

systems, administration and human resource management within both Pam Golding Properties and Pam Golding Commercial Group.

After matriculating from Wynberg Boys High, Morey received his B Com at UCT. Post-qualification studies include a degree in Corporate Business Administration (ICSA) and B Com Honours in Financial Management at UCT. He's been a board member of the Property Services Chamber of the Services SETA, was chairman of the Western Cape branch, national ICSA council member and is currently a member of the Cape Medical Plan's audit committee.

As of 1 September 2011, Mike Morey, managing director of Pam Golding Property Management Services was appointed as company secretary and public officer of the Atlantic Beach Home Owners Association NPC. In this capacity he'll not only play a pivotal role in ensuring that all registrations and submissions are

At the coalface

Only a few hours into the challenging position of assistant to ABHOA CEO Harry White, Nikki van Dyk already was efficiency itself – fielding calls, arranging information and generally coming to grips with estate matters.

industry for eight years at a five-star hotel, Van Dyk is used to having a million things on her plate. Cape Town-born and -bred, she's a keen golfer and sportswoman and lives with her partner in Durbanville. She said in conclusion, "I genuinely look forward to making a difference on the estate."



With a background in the hospitality

Back on par

As from 18 October, Atlantic Beach Management has taken control of the golf club on the estate again. The sale of the golf club from Atlantic Beach Management to Atlantic Beach Golf & Leisure Club lapsed because of suspensive conditions not being fulfilled, according to ABM director Allen Usher.

Taylor assured golf club members that playing rights would remain intact. "It's business as usual," Usher said. "Over the next few months we'll restructure a new deal in the interest of all Atlantic Beach stakeholders. We're confident and have full faith in ABHOA and the golf committee to cooperate in putting together a better deal for everybody."

Usher said ABM was intent on providing all members and players with a great golfing experience at reasonable rates.



Both ABM directors Allen Usher and Bill



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Holiday activities that rock

Staying at home over the Christmas holidays needn't be a boring affair. Here are some refreshing ideas to keep you, the family and visitors entertained – without breaking the budget.

Situated between Robertson and Bonnievale, a day outing to Viljoensdrift is an idyllic break-away. Enjoy a picnic and Viljoensdrift wines on a slow boat cruise.

Tulbagh is a great destination for a one-day outing. This charming historical town has a wealth of Cape Dutch architecture. Stroll the streets, visit the quaint shops on Church Street, as well as the old DR Church. Then stop for lunch at Paddagang restaurant for some genuine boerekos. The waterblommetjiebredie and roast of the day are to die for. And don't leave without having the divine lemon meringue tart. During the afternoon, visit the Karoo Botanical Garden, the only truly succulent garden.

Spend the morning bird-watching at the dam on Groote Post wine estate, do some wine-tasting and finally, lunch at the restaurant under shady trees is a



special event. To work off your lunch, take a leisurely stroll on the farm.

There are numerous invigorating hikes in shady areas. Try Kirstenbosch, Skeleton Gorge, Newlands or Cecilia Forest. Other hikes for early morning or late afternoon are: Silvermine, Karbonkelberg, Platteklip Gorge, Lions Head and Redhill's Kleinplaas Dam Trail. Take plenty water along!!

The Ceres Zip Slide offers eight slides,

totalling a length of 1.4 km – the longest in Africa. Amazing rock formations and the river form a perfect backdrop to a fun, adrenaline-filled adventure! Picnic on the river bank.

Spend the day picking your own cherries at Klondyke Cherry Farm near Ceres. Have lunch in the orchards and take a slow drive back to civilisation.

Great picnic venues around the Peninsula include Le Picque Nique at Boschendal, Jonkershuis in Constantia, Rickety Bridge in Franschoek, Le Bonheur Croc Farm or Spier Estate. Otherwise book at dialapicnic.co.za to deliver to: Chapman's Peak, Rhodes Memorial, the beach, Tokai Forest or Wynberg Park.

Other enjoyable activities are horse-riding at Noordhoek beach, going on a deepsea fishing charter, diving with the Cape fur seals (capeadventurezone.com), kayaking on Eikenhof Dam in the Elgin Valley or at Simonstown.

Well, this should keep you active and invigorated during the whole Festive Season.

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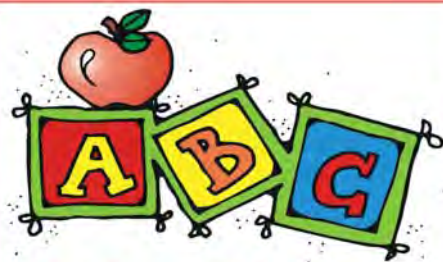
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Myths of self-esteem debunked

Many of the usual beliefs about low self-esteem are myths without reliable evidence to support them, according to a new study. Low self-esteem has become one of the most frequently cited explanations for social and personal problems, ranging from young people's involvement in crime to adult failures in business.



Well-known social psychologist Nicholas Emler, professor at the London School of Economics, said his research showed that people with a high opinion of themselves could pose a far greater threat to others. "People with low self-esteem

tend to injure themselves rather than other people. Those with high self-esteem tend to damage other people, either because they're reckless and dangerous, or because they're unpleasant," he said.

Young people with very high self-esteem are more likely to hold racist or sexist attitudes, reject social pressures from others and engage in risky pursuits such as drink-driving or speeding, the study found. "Widespread belief in 'raising self-esteem' as an all-purpose cure for social problems has created a huge market for self-help manuals and educational programmes that's threatening to become the psychotherapeutic equivalent of snake oil," said Emler.

His study found that low self-esteem was not a risk factor for delinquency, violence, drug use, alcohol abuse, educational under-achievement or racism. But it was linked with suicide attempts, depression, teenage pregnancy and being victimised by bullies. Low childhood self-esteem also seemed to be associated with adolescent eating disorders, low earnings and job problems among young adult males.



Staying young

- Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay them.
- Keep only cheerful friends. The grouches pull you down.
- Keep learning. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
- Enjoy the simple things.
- Laugh often, long and loud.
- The tears happen. Endure, grieve, and move on.
- Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants or whatever.
- Cherish your health: If it's good, preserve it; If it's unstable, improve it; If it's beyond what you can improve, get help.
- Don't take guilt trips.



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Beautifying the estate

Preparing for a blooming nice summer, the Atlantic Beach landscaping team will be removing bushes on Atlantic Beach Drive. Landscaping manager Tony Beaton also asked residents to bear with the team while they attended to the grassed areas with the necessary compost and fertiliser.



His final request is that residents who have more than six bags of garden refuse should please make arrangements with the estate office for removal on Mondays from 7h00 until late-afternoon.



New lifestyle dynamics

The Leisure Centre enters a new era with personal trainers Body Excel in charge. The company offers added lifestyle benefits to residents with personal training sessions emphasising progression as per each individual's needs.

On offer are: assessments; one-on-one personal training; multiclass specialised programmes; Pilates; tennis lessons; swimming lessons; seminars; events; plus overall health and lifestyle management. Said partner Kirsten Hopwood-Smith, "By understanding the principles of fitness training, exercise and nutrition, we've launched a specialised and affordable concept in personal training with guaranteed results."

Body Excel also offers event co-ordination at the Leisure Centre. These events include kiddies' parties, birthdays, summer sundowner cocktails, food and wine tastings by boutique wine estates, fashion and beauty events, as well as seminars by well-known personalities. "Our aim is to bring Atlantic Beach estate to life," Hopwood-Smith added.

For events management: contact Kirsten Hopwood-Smith 0827488887, events@bodyexcel.co.za; and for gym and training enquiries contact Kevin Musikanth training@bodyexcel.co.za or Troy Lee on 0823073377, troy@bodyexcel.co.za.

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- Laughter - email jokes, share funny stories.
- A written note - either simply 'Thanks for the help' or a full sonnet. Notes may be remembered for a lifetime.
- Compliments - a sincere, "You look great today", "What a super job", or "Wonderful meal!" can make someone's day.
- A favour - go out of your way to do something kind for someone every day.
- Solitude - there are times when we want nothing better than to be left alone. Be sensitive to those times.
- A cheerful disposition - it's not that hard.



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