

# The Breeze

Official newsletter of the Atlantic Beach Golf Estate Home Owners Association

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## Bloomin' beautiful

Soon, the dunes of the Atlantic Beach Golf Estate will be enhanced further when a full-time horticulturist assumes duties. Although guidelines have been followed scrupulously to rubberstamp the estate's unique West Coast character, the landscaping runs the risk of monotony.

Estate manager Chris van Wijk explained that the estate was now moving into the next phase of the Operational Environmental Management Plan. "This should be in place on 1 July and homeowners will be provided with an update on managing the landscaping of their gardens," he said. "What's more, in due course, residents can enjoy the convenience of a nursery on the estate."

Because environmental matters are paramount, the estate is now actively involved with independent environmental auditors Ecosense, the Blaauwberg Conservation Association and the City of Cape Town.

Meanwhile, indigenous trees have been planted at the Colebrook Park benches. In a further upgrade, homeowners, children and canine companions will be able to frolic on the extended velvety grassed area, while parking bays have been added for extra convenience.

Also of environmental interest is that in preparation of the winter rains, the pebble beach dam level will be lowered by 1 m, because the storm water is pushing back into the pipelines.

Good news is that the owls now have their very own boxes for sweet dreams during the day.



## New kids on the block

Three new Springbok fawns are gracing the estate, but sadly three of the males will be swapped with three from Koeberg Nature Reserve. Chris van Wijk, estate manager, said this step was required to prevent in-breeding.

Springbok are the only true gazelles in South Africa. These graceful 40 kg antelopes are inhabitants of the more arid western parts of the country. Both males and females carry horns, although those of the females are smaller and thinner.

They're gregarious and form small herds. When migrating, they may aggregate in large herds exceeding a thousand animals. Loosely territorial, a male may retain a female herd, but won't force them to remain. Large bachelor groups are common.

The movement of the springbok is grace epitomised. They start slowly and break out into a fast trot with a springy, proud high step, accompanied by head shaking. Galloping at speeds of more than 80 km/h, the ears are laid back.

Stotting is not unique to the springbok, as it's also practised by oribis. However, it's most dramatic in the springbok, who in stress or while being pursued, will bounce repeatedly high in the air, stiff-legged, with all feet meeting the ground together and with arched back. The dorsal plume of white hair, normally covered by a sheath of brown hair, is erected like a fan and shown to perfection in this spectacular display.

Being both grazers and browsers, Springbok eat the karoid bushes, leaves and shoots of trees and grass. They associate loosely with other antelope and ostriches. Usually silent, they'll sometimes make contact with a grunt-like bellow. The alarm call is a high-pitched whistling snort. Their enemies are cheetah, lion, leopard and for the fawns, caracal, badger, African wild cat, black-backed jackals and eagles. One precocial fawn, rarely twins, is produced. Life expectancy is 10 years.

## Adding Value

In keeping with its commitment to the Atlantic Beach community, the ABHOA has introduced a slick alternate-monthly newsletter. This added value news sheet will give the low-down on the latest estate news, plus a few lifestyle articles for added spice. An electronic version is available on the website [atlanticbeachgolfestate.co.za](http://atlanticbeachgolfestate.co.za).

The winner in naming the newsletter is Jacky Valkhoff. Congratulations!

Contributions are welcome and may be sent to editor Mariette Greyling at [mariette@tomar.co.za](mailto:mariette@tomar.co.za). We wish you a leisurely hour's reading!

# Lawlessness begins at home

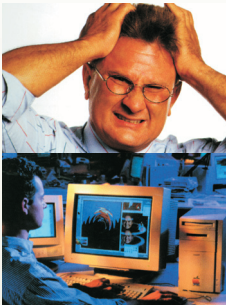
Society has fallen prey to flexible morals and much of the tension doing the rounds has to do with the varying levels at which we draw our lines. When we say this is a lawless society, it's not our own lawlessness that offends, it's the rules other people break. That means we respect the laws that suit us and become fed-up when other people disrespect the laws that don't suit them.

Good examples of lawlessness abound on the estate: motorists exceeding the speed limit (causing five collisions last month and endangering the lives of children and pets); ignoring stop signs (100 traffic violation notices within three hours); and despite garages being for hire, not storing trailers, caravans and boats out of sight.

Have you recently exceeded the estate speed limit? Used a computer knowing it has pirated software? Parked on a yellow line, or at an expired meter? Had a long personal chat from a work phone?

Having established that you're a law breaker, where do you draw the line? Unwritten laws oil the machinations of

society: courtesy, kindness and social responsibility. These are fast becoming



extinct. Bear this in mind: every time you throw a wrapper on the pavement, or you're rude to security staff, you add

to the descent of the feel-good factor. And with every act of lawlessness, a vicious cycle starts.

Pleasant living is possible, provided people are courteous. No one good person, or kind act, can change society, but we can change ourselves and our way of dealing with the world. If someone lets you change lanes with a smile, you'll be more inclined to do the same. And when you're feeling on top of the world, you're more generous with your energy, smiles and your time.

Become more literal about laws and obey them. Zero-tolerance starts with obeying the estate rules. Also, forget about them and us. Imagine that the neighbour bugging you is someone you care about.

It's in your interest to space out a bit. Never mind the twit next door playing loud music. And while you're at it, eliminate elitism, racism, sexism and people with chips on their shoulders... soon you'll start feeling better about the world.

## The Weariness of Being

Tiredness has become an epidemic. Ask anyone if he/she would like a day off to laze around, read a book, or simply potter around. The answer would be a



resounding 'yes'. But, nobody does it. It's about having it all. The result is a vicious cycle of work, chores, shopping, exercising and exhaustion.

Fatigue can stem from mental, emotional and/or physical roots. Stress, depression and illness also drain your energy. So can dehydration, too many late nights, bad time management, a hectic work schedule or relationship problems. General fatigue is a result of lowered vital force in the body. Our vital force derives from: metabolic energy (sun power, air, water and food) and nerve energy (spiritual beliefs, mental attitudes and emotional states).

Energy-depleting foods are: refined carbohydrates; excess fats that drain the body's resources; alcohol, which destroys vitamin C and vitamin B needed

for stamina; caffeine, which inhibits the absorption of iron; and red meat that strains digestive energies. Super foods include: almonds, apricots, broccoli, spinach, basmati rice, pumpkin seeds, sprouts, maize and oats.

Nutritional deficiencies can throw the healthiest eater into an energy slump. Too little vitamin C can cause fatigue, while low levels of B-complex lead to anaemia. Iron deficiencies, higher in women who exercise, lead to tiredness, because the brain and muscles are literally starved of oxygen. Magnesium is another fatigue-fighter said to assist in easing exhaustion.

So, as the merry-go-round of work, stress, home management, exercising, and hopefully relaxing, starts anew every day, keep your vital forces alive!

## A Matter of Cooperation





A message from ABHOA chairperson Sarah Braude

On behalf of the Board, we're pleased to launch *The Breeze* as the new Atlantic Beach Golf Estate newsletter by the Atlantic Beach Home Owners' Association. We trust you'll find both the newsletter and website informative and enjoyable reading.

The Board continues striving to fulfill the Association's vision to manage and control the ABHOA affairs so as to grow and develop a desired, premier and sustainable golf estate. A rigorous programme for preparing the 2007/2008 budget has been undertaken. Our objectives encompass being client-focused, enhancing estate quality of life, ensuring financial control to achieve effective, efficient service-delivery and ensuring the ABHOA's sustainability.

Our focus areas for expenditure in 2007/2008 include environmental management and the budget allocations

## Sharpen Up!

Yes, this applies to you and you. So, read on.

To provide top-notch services to homeowners, The Atlantic Beach Golf Estate is wholly dependant on timely levy payments. And, while the majority of members honour this requirement, there are a number of continuously tardy



# From the Chair

to fulfill both operational and capital expenditure needs. Security remains paramount and you'll learn about the new system on page 4. Teething problems are bound to occur. Therefore, please exercise patience.

Other key areas, such as internal and external communications are being addressed through this newsletter, our website and the annual publication, *The Beacon*. Opportunities for marketing the estate are also imperative. To contribute towards the estate's financial sustainability as it grows, the Board is concentrating on revenue stream opportunities.

Maintenance and administration matters are dealt with daily by the estate manager. The Board continually assesses and responds by implementing improvements. Internal housekeeping also is being finalised in terms of transferring small portions of surplus vacant land currently in GE Properties ownership to the ABHOA and rectifying incorrect municipal vacant land service charges.

With the financial year-end at end-June, budget preparations are almost finalised. As promised, we'll keep the levy increase under 10%.

payers. Consequently, the board of trustees has implemented a debt management programme for the estate.

It's as simple as ABC. Levies are payable in advance on the first business day of the month by debit order. What could be easier? Hopefully, everyone will comply in future.

But, if there are still slack payers out there, a reminder SMS or email will be sent on the 7th day. Unfortunately, if payment isn't forthcoming within 30 days the account is handed over to the legal guys for collection without further notice. Sorry, but that's what happens to chancers. The collection cost is for the homeowner's account and that nasty thing, interest, is charged on all amounts over 30 days at the prime lending rate +2 points.

Members not in receipt of statements or with account queries should contact the estate accounts department 021 553 0590/1 pronto to avoid unpleasant collection methods being instituted.

Seeing that statements are distributed via email, the onus is on members to update contact details when changing email, phone numbers or addresses.

Much to everyone's relief, the long-awaited arbitration award is imminent. This will facilitate resolution on a number of issues, including the estate agents' accreditation. An interim newsletter will explain the outcome.

Those who've read the Board's minutes on the website have learnt about the improved ABHOA offices under construction. The new offices across the way on ground-floor level will allow residents to conduct their affairs in a business-like environment. Designated parking bays are a further plus-factor. We anticipate 1 July as the opening date.

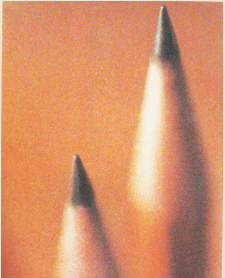
Residents and domestic servants seem to welcome our recently introduced shuttle service. Tickets may be purchased at the estate office.

Many people have responded to the call to switch off external lights when not in use. By reducing light pollution we'll also encourage the barn owls to remain on the estate. We thank everyone for their contribution.

Please visit the website for further information on the Board meetings. Enjoy breezy living on our beautiful estate!

While we're at it, a few more debt management pointers of when what is payable: penalty levies within 15 days; builders levies in advance by the 7th of each month; builders fines within 7 days of issue; garage rentals in advance on the first business day of the month by debit order; other rentals within 30 days; access tags on collection; and plans on collection less deposit.

Let's sharpen up and work together for the better good of our beautiful estate.





## Building Matters

Fast approaching the 700 mark, Atlantic Beach Golf Estate currently has 694 completed homes, with 64 under construction. Ninety-eight stands are still available for those astute buyers who recognise a discerning buy when they see it.

While on the topic of building, please note that alterations, additions and structures absolutely have to be approved by the ABHOA review committee. Furthermore, owners in the throes of building should ensure that the builders abide by the rules on netting and refuse removal.

## Safe & Sound



With the upgrade of the new access control system well underway, more than 580 estate dwellers already have had their fingerprints recorded. Estate manager Chris van Wijk urged the remaining residents to check in for this simple procedure at the entry gates during 8h00 and 19h00 weekdays. Data and fingerprint capture for golf club members is done at the clubhouse or main gate.

He explained that in keeping with global trends, the estate was moving from a proximity card to a fingerprint biometric system. "Pedestrian entry and exit will be through a turnstile to prevent unauthorised persons entering the estate and keep track of legitimate arrivals.

Also, with security being top-of-mind for many South Africans, the Atlantic Beach Golf Estate currently features 30 high-resolution cameras at entry and exit gates."

Van Wijk advised that should homeowners not wish to be phoned every time a regular visitor arrived, these individuals may be logged onto the system with the homeowner's consent.

For perimeter protection, the estate now boasts Stinger climb detectors. These units have an optic fibre cable that's triggered by vertical or horizontal movement of the electrified wires. Once the movement goes beyond the set tolerance, an alarm is activated and information sent to a central computer.

Security has been further enhanced with a state-of-the-art Bloodhound system to monitor the night-time movement of security officials. Van Wijk confirmed that the estate security portfolio was investigating an SDS system. This early-warning system alerts the patrol officer to movement along the perimeter fence. A test module is currently on trial.

Finally, a reminder that the beach gate will remain open from 6h00 until 23h00 for 365 days a year.

## Cheesy Do



Communication makes the world go round and nobody knows that better than estate manager Chris van Wijk. As from July, lively monthly liaison meetings will be held at the Leisure Centre. And there will be cheese and wine to boot.

What better way to spend an evening instead of the same old same old couch potato thing.

## Get Moving

With the emphasis on living healthily for both pets and humans these days, a daily exercise programme is imperative. And what better way for Atlantic Beach residents to do it than with a friend – a furry one. A fitness regime with your dog is perfect for enjoying the great outdoors.

If your dog looks fat or if you can't feel its ribs, it needs to embark on a diet as well. Keeping active will keep you and your dog young. Both people and dogs who become sedentary in their living style also depreciate cognitively. It simply has to do with circulation to the brain.

Exercising with your dog is about enjoying the process. Establish a routine

- dogs like routine. Both of you should drink loads of water to help flush out toxins and maintain hydration levels. Add fun by playing 'fetch' or tug-of-war.



As you gain stamina and energy, up your walking pace and even run a kilometre or two a day. Also heed the weather. On a scorching day, walk early morning or late afternoon. Your dog can

only dissipate heat by panting or through the pads of its feet.

Please consider other walkers and take along a few poop scoop bags. The small freezer bags work extremely well. Tie a knot in the bag before depositing in the bin.

Don't exercise your canine companion on a full stomach. It's downright irresponsible. Exercise at least two hours after a meal. If your dog starts showing signs of fatigue, slow down. Over-exercising may cause soreness. And check your pet's paws regularly for any cracks or injuries.

So, get rewired and have a healthy, active life with your dog in the lovely Atlantic Beach environment.