

Green Fingers

An ardent nature-lover with a passion for working outdoors, Atlantic Beach Golf Estate's new horticulturist Joshanne Williamson grew up and completed her schooling in Cape Town.

After studying horticulture at the Cape Technikon, she spent a year-long working holiday in Europe. Returning to Cape Town, she joined Old Mutual Head Office in Pinelands where she stayed for eight years. Subsequently, Shanne pursued her dream and bought a gardening/landscaping services company, which has developed under her ownership over the last 10 years.

Looking forward to overseeing the estate's landscaping requirements, her short-term plans for the estate includes cleaning up the areas around the entrances; concentrating on the parks; creating inviting and interesting pathways; and setting up a nursery.

The long-term plans are to expand the nursery so that home owners and the estate landscaping team will have access to plants not readily available. Shanne also will focus on: stabilising the fynbos, reintroducing this in certain neglected areas; landscaping the parks to be more people-friendly; and



ensuring that the Atlantic Beach Golf Estate is one of the most beautiful and tranquil estates country-wide for residents and visitors alike.

Wise guys

Residents at Atlantic Beach are privileged to live among an abundance of creatures large and small and one of the most interesting 'residents' is the barn owl. These pale birds are closely associated with man through their traditional use of barn lofts and church steeples as nesting sites in the Old World. The species name *alba* also refers to the colour white. Other names for the barn owl have included monkey-

faced owl, ghost owl, church owl, death owl and in Afrikaans *nonnetjiesuil*.

Generally nocturnal, it's not uncommon to see this species emerge at dusk or active at dawn, occasionally being seen flying during full daylight. Noiseless in flight, wing beats are interrupted by gliding. Although calling infrequently, the usual call is a drawn-out rasping screech, while the courtship call of a male at nest is a shrill repetitive twittering. Barn owls specialise in hunting small ground mammals and the vast majority of their food consists of rodents. Other prey may include baby rabbits, bats, frogs, lizards, birds and insects.

Breeding time is any time during the year - depending on food supply. In a good year, a pair may breed twice. During rodent plagues, barn owl numbers increase dramatically. The majority of barn owls nest in tree hollows up to 20 metres high. They'll also nest in old buildings, caves and well shafts. Three to six eggs are laid at two-day intervals and will be incubated for 30 to 34 days. Chicks are covered in white down, brooded

for about two weeks and are fledged in 50 to 55 days. After this, they'll remain in the vicinity for a week or so to learn hunting skills and then rapidly disperse from the nest area. Young birds are able to breed at about 10 months.

Alas, barn owls don't have long life spans. Most die in their first year of life, with the average life expectancy being about two years in the wild. In Holland, a wild barn owl lived to be 17 years old.



Nature's healthy ways

Hippocrates had two simple rules of medicine that are as important today as they were in the 5th century BC: the first is to do no harm and the second is that remedies cannot be used alone to cure or heal – only the healing forces of nature can do so. A holistic approach



to good health aims to develop and strengthen the mind and body, so as to lessen susceptibility to illnesses. Thus, when illness does strike, the body's natural healing forces will be strong enough to cope and heal.

Adopting a healthy lifestyle can prevent many illnesses. Too many of us underestimate the healing and health properties of common plant, herb and root products. Harvard-educated physician and alternative medical practitioner Dr Andrew Weil has a top ten list that he recommends for a healthy lifestyle.

1. Ginger: Helps treat stomach and digestive disorders and boosts the immune system.
2. Olive Oil: The healthiest of the edible fats, it helps to lower cholesterol.
3. Astragalus: A herb that improves disease resistance, digestion and circulation.
4. Green Tea: Lowers cholesterol,

improves lipid metabolism, has anticarcinogenic (anti-cancer) and antibacterial properties. (But, watch out for the caffeine!)

5. Ginseng: Boosts energy, tones skin and muscle and improves digestion. It should be avoided if you have high blood pressure, or any oestrogen-dependant disease.
6. Dong Quai: A member of the carrot family, it eases symptoms of menstruation and menopause, while helping to build muscles and enrich blood.
7. Ho Shou Wu: A root believed to nourish hair and teeth. It also boosts sperm production in men and general fertility in women.
8. Maitake: A mushroom thought to increase resistance to disease, promote longevity and help treat cancer, hepatitis and chronic fatigue syndrome.
9. Garlic: Lowers blood pressure, cholesterol and triglyceride levels; reduces blood clotting and acts as an antibiotic.
10. Broccoli: Apart from being a good source of fibre, it's believed to have anti-carcinogenic properties.

Construction ins & outs

Plan scrutiny works like this: All construction plans on the estate have to be pre-approved by the ABHOA at a scrutiny deposit of R1 500 on initial plans, while rider plans and alterations require a deposit of R250. Submission hours at the estate office are Monday to Friday 08h00 to 17h00. The review architect collects plans every Tuesday and Thursday and the review process takes between seven to 10 working days, during which he'll liaise directly with the submitting architect. Once the plan has been approved, it's returned and signed into the estate office, ready for collection by the submitting architect. The scrutiny fee balance is now payable. Plans won't be released until all outstanding debts including levies and fines relating to the erf are fully paid up.

Next in line is local authority approval, because no building activity may commence on the property before this has been obtained. For this infraction, the local authority levies a fine of triple its scrutiny fee. Also, before con-

struction may commence, the estate's code of conduct for builders must be signed. Some of these regulations are:

- All boundaries to be screened by black or green shade netting at a height of 1.8 m to assist in containing the construction activity to the site, as well as sand and litter blowing over the estate
- A green/white Porti Loo must be located on the site and a water connection activated
- Permissible construction times are Monday to Friday 6h30 to 18h00, Saturdays 8h00 to 14h00
- Rubble and refuse should be moved off-site daily or small loads may be removed at least once a week
- Road areas around the construction area should be kept clean and swept daily

Plan construction appropriately when pouring concrete, skimming ceilings or gunniting pools - commencing only when there's sufficient time in which to finish. If late work can't be avoided, written approval must be obtained from building controller Gordon Prins or estate manager Chris Van Wijk by close of business on the day preceding the late work. In exceptional or emergency

situations, an application may be submitted on the same day. These stringent time lines are necessary to reduce the negative impact of construction activity on the estate's residents.

For security reasons, contractors may not walk around the estate, from site to site or from the gates. The current fine for this infraction is R1 000 p/p.

Wishing you well with your construction.



From the Chair



We welcomed the positive response to the first issue of *The Breeze* and trust that the newsletter will continue to be awaited enthusiastically as an informative and effective ABHOA communication tool.

The final July 2007 - June 2008 budget may now be viewed on the ABHOA website. Many thanks to the portfolio chairs, advisors and service providers for their efforts in the budget process. We're pleased that the new levy effective 1 July 2007 increases by a mere 6.8% from R838 to R895 per erf per month. Please pay the monthly levy timeously. Regrettably, we continue chasing a number of members for late payment. In addition to interest, a R70 administration fee is levied to cover the cost of SMS reminders, printing and stationery.

While construction activity is slowing - good news for all residents - it means that this income source for the ABHOA is declining significantly. We've budgeted a R250 000 income reduction for additional levies and a R150 000 drop for builders' levies and fines.

Security expenditure of R2 million - providing for professional manning of our new hi-tech control room - is a major expense in the new budget. R1.9 million has been set aside for environmental management and landscaping our estate.

Furthermore, the board has been reviewing and finalising the service provider contracts for estate management (Promanage) and security (Thorburn). It was decided not to renew the Golf Data contract, but rather to structure this service under the newly appointed horticulturist's management. We eagerly await the benefits of growing the estate's environmental management service.

The ABHOA will be commissioning the preparation of its Operational Environmental Management Plan (OEMP) in the near future. We look forward to the Golf Course participating in this synergistic process, because

more fundamentally integrated management can be achieved. Both the City of Cape Town and the Blaauwberg Conservation Area administration support the OEMP preparation. Together with Ecosense's environmental auditing service, the estate will move closer to realising and being recognised for environmental best practice. This will further enhance our investment values.

With the current phase of the security upgrade nearing commissioning, you'll note the new palisade fencing, gates and a fingerprint reader at the entrance robots. This not only secures the entrance in the evenings, but also enables adequate visibility from the main guardhouse. Fingerprint capture for access control will always be available at the main residents' gate.

In terms of resolving issues resulting from the Arbitration proceedings, the board will continue to issue interim newsletters so that members are kept informed. On the website, *Frequently Asked Questions* clarify the legal and technical issues. The board will continue negotiating to resolve these matters.

Lastly, congratulations to resident Comrades marathon participants!

Spotlight on Chris van Wijk



Full name: Chris van Wijk, estate manager

Date & place of birth: 17 May 1969, Cape Town

Career to date: Involved in security aspects of various developments

Education: National Agricultural Diploma, Project Management

Professional best achievement: Being appointed a director of Promanage

How long have you been living on the estate: Since May 2003

What you like most about Atlantic Beach Golf Estate: The people & lovely environment

What you like least about Atlantic Beach Golf Estate: The wind

Aspirations for the estate: Ensuring that we're the best rated golf estate in South Africa

Person who's had the biggest influence on your life: My dad

Favourite actors: Tom Cruise & Richard Gere

Philosophy of life: Fairness

Biggest ever opportunity: Studying in the USA

Biggest disappointment: Not being chosen for u/21 SA College rugby team

Hope for the future: Open-mindedness

Favourite reading: *Popular Mechanics*

Favourite colour: Green

Best TV programme: *Carte Blanche*

Favourite food/drink: Waterblommetjie-bredie & tropical fruit punch

Best time of day: Time with my kids

Favourite music: Classical

Best holiday destination: Hartenbos

Favourite sport (self): Coaching u/8 rugby

Favourite sport (spectator): Rugby

Car: Mazda Drifter Double-cab

Pets: African Grey parrot



Miscellaneous dislikes: Dishonesty & unreliability

Married: Ilse (10 yrs)

Children: Christo (10), Milan (5)

Clubs: WP Supporters Club

Hobbies: Sport

Watch out!

With the new speed camera now in operation, trained officials will be fining offenders exceeding 35 km/h on the estate. Fines are payable within seven days at the estate offices.

Contractors' fines will be issued to the main contractor, visitors' fines to the applicable resident and tenants' fines

to the member. The national traffic regulations apply to under-age drivers and unlicensed motorised vehicles.



Absolute Rubbish

Household refuse removal on the estate is done by the local authority. Your council wheelie bins should be placed outside for emptying on Tuesdays by 07h00 and must be pulled back into your erf by 18h00 the same day. Bins should be stored in an area not visible from the road or golf course. If you're away or back home late, please arrange with a domestic servant or neighbour to pull your bin in.



Fun for all

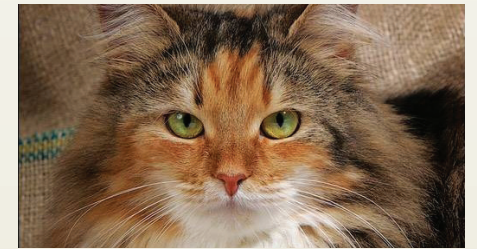
To raise environmental awareness among the young, children on the estate can knock themselves out with some constructive holiday activity at a seed planting session on Friday 6 July at 14h00 at the Leisure Centre. Both horticulturist Shanne Williamson and estate manager Chris van Wijk will give informative talks on the local fynbos.

Also on the cards: families are invited to join in the fun of busting alien invaders on Sunday 15 July 2007 at 11h00 – also at the Leisure Centre. Finally, in celebration of National Arbor Day, residents may participate in planting Melkbosstrand's signature trees, the Milkwoods, at 14h00 on Sunday 5 August 2007 at the park in front of the clubhouse.

Pet gripes

The cat's legendary hunting skill is a fact of life. But we have to protect bird life on the estate. Therefore, Tinkerbell and all other felines must be fitted with a collared bell. As always, for your convenience, these are available from the estate office.

We value our pet residents. So, please attach ID tags to your cats and dogs. In the event that they've gone walkabout (illegally!), we can return them safe and sound to their family. Regrettably dogs found roaming the estate without tags are removed to the Atlantis pound. Needless to say, this causes enormous distress to the pet, the owner and the individual tasked with removing one of our four-legged residents.



Escort service

Now that the thick of winter is upon us, many residents will be placing orders for wood. Please note that you're required to escort the wood salesman both in and out of the estate when he's making a delivery. Past experience has shown that these entrepreneurs proceed around the estate door-to-door to solicit additional sales. Naturally,

this clearly undermines the estate ethos. The same applies to fish sales – the parties require an escort service from you.



A Matter of Cooperation

