

## Snakes alive!



Snakes are now out in force and what better time to learn more about Atlantic Beach's slithery residents.

The Cape Cobra (*Naja nivea*), also known as Kaapse kobra, geelslang, or Kaapse kapel, is a large, robustly built snake that is easily recognised when spreading its hood. Adult snakes reach an average length of 1 m (maximum 1.8 m). Colour variations include yellow, orange brown, coppery brown, dull brown and dark brown. All these variations may be accompanied by darker and lighter flecks and sometimes even different colour patches. Giving

a polished appearance, the body scales are smooth.

Being a generalist, the Cape Cobra dines on birds, lizards, rodents, frogs, toads and even other snakes, including puff adders. Because it's active day and night, it's frequently encountered, especially as it's attracted to the rodents surrounding human habitations. This of course is why snakes shouldn't be killed – they occupy a useful ecological niche.

As the geelslang is extremely alert, it quickly becomes aware of any movement in its surroundings. It's reasonably quick moving and rapidly retreats if approached. However, it often will spread a hood as a warning and to buy time to choose an escape route. If its escape is foiled, it will maintain its hood and strike in an attempt to chase the danger away.

The Cape Cobra's venom is a potent neurotoxin and if bitten, a person/pet should be taken to hospital immediately. Failure to treat a bite is likely to result



in death. No snake bites have been reported on the estate to date.

Inhabiting the hot, arid areas of the Western and Northern Cape, Northwest provinces, southern Botswana and Namibia, this species faces its biggest threat from road deaths and intentional killing by humans.

Residents are advised to be alert to snakes when walking on the estate – give them space. According to the estate's conservation status, snakes may not be killed. If you want a reptile removed from your property, contact security.

## Hello and goodbye

Being in its third generation, the springbok herd at Atlantic Beach Golf Estate needed genetic diversity. Thus, Nature Conservation experts advised that it had become necessary to capture all males and replace them with a new bloodline.

With the assistance of a veterinarian and Nature Conservation, the Wildlife Awareness Centre captured and tranquilised the male springboks during October for relocation to the Wildlife Awareness Centre at Klapmuts. According to estate manager Chris van Wijk, the costs of darting and transporting springboks are extraordinary. "We're fortunate in that The Wildlife Awareness Centre

implemented this programme at no cost and introduced two new males fresh from the Kalahari to the herd."

Meanwhile, as before, residents can delight in the sight of free-roaming springboks grazing, pronging and generally enjoying life without predators.



## Party Time

To promote good neighbourliness, the ABHOA has started staging street parties in the different estate villages. The first one kicked off with a bang at Dunewood Way beginning-October with 90% of residents attending. Other know-your-neighbour street parties are to follow every month until all villages have been covered. So, keep your eyes and ears open for the festivities in your area.

While the ABHOA sponsors drinks and snacks, residents are invited to bring their own meat for a communal braai. And then, sit back and enjoy.

# Avoid Holiday Blues

With the December vacation looming, it's time to start preparations.



Although it's already a touch late to make holiday arrangements for your pets, we offer some tips. Top prize goes to taking your four-legged family members on holiday. Cats are notoriously averse to travel, so they might be better off in a good cattery. Take along enough food to keep your pet's diet constant. The travel bag

should include small food portions, a water bottle and bowl; chew toys; a leash and collar, a poop scooper and plastic bags. Cats will need a litter tray. Stop for a break at least every two hours.

A pet-sitter should be introduced to your pet(s) in advance to familiarise them with this person. Ideally, the sitter should interact with the dog/cat and become involved in feeding and walking prior to the holiday. Clearly specify your pet's diet, explaining that fresh water is absolutely vital at all times. Purchase enough food for the duration of your absence. Provide your sitter with important contact information: your vet, where you're staying and a contact number of a good friend/family member nearby.

Research suitable boarding facilities and visit the facility before confirming your booking to satisfy your criteria for good pet care. Again, provide emergency contact information and specify your pet's diet. Many facilities will require immunisation certificates.

Other general pre-holiday things to do are: vehicle servicing and/or a long-distance check-up; notifying security or your neighbour that you'll be away; access for garden and pool maintenance or cancelling these



services; switching off geysers to avoid a disaster; cancelling newspaper deliveries; activating interior light timers; emptying the bread bin; and removing perishables from your fridge.

Advance planning will guarantee that you and your family have a relaxed and happy holiday.

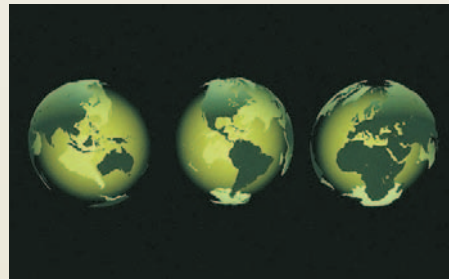
## Saving the planet

Most Atlantic Beach residents are recycling-conscious and this easy process makes the effort an absolute pleasure, while the environmental benefits are enormous.

From 1 November, waste removers will supply each household with one clear plastic bag a week for all recyclable waste (RW). On Tuesdays, the usual collection day, place this bag on top of your wheelie bin. A second vehicle following the big waste removal truck will collect the RW bag and replace it with a fresh bag. That's it.

Recyclable items include:

- Clean, dry paper – newspaper, office and general paper, magazines and cardboard
- Glass bottles and jars
- Cans and food tins
- Plastic – beverage, food and other containers, including margarine, ice cream, yoghurt, shampoo and household detergent containers and bags



Please remove lids and caps. Rinse and empty all containers. Flatten all plastic containers and cardboard (to save space in your bag). Prevent glass items from breaking (for the workers' safety).

Items that can't be recycled at this stage:

- Polystyrene or foam trays and cups
- Cling wrap or disposable nappies
- Toothpaste tubes
- Containers that once held motor oil, solvents or chemicals
- Batteries – please buy long life or rechargeable batteries
- Garden refuse
- Organic waste material such as food scraps, vegetable peels, etc
- Clothing or shoes
- Anything wet, dirty or covered in grass clippings

Each item recycled - no matter how small - reduces the pressure on our environment.

## Pearls of wisdom

- Have you ever wondered which hurts the most? Saying something and wishing you hadn't, or saying nothing and wishing you had.
- The most important things are the hardest things to say.
- Always put yourself in others' shoes. If it hurts you, it probably hurts the other person too.
- The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes their way.



# From the chair



I'm sure many of us can't believe how quickly the year has passed and already plans are being finalised for the festive period. This also means that the ABHOA Annual General Meeting will be held in the last week of November 2007 and members will be advised accordingly.

Parallel to the upgrading of security systems/infrastructure, the board has approved the installation of additional electrification along the perimeter fence to further strengthen perimeter security.

This includes the installation of:

- palisade fence - 15° off-set brackets with five electrified lines along the top and the length of the fence, plus six additional electrified lines for the full height of the fence.
- diamond mesh fence - additional 225 mm and 450 mm top-mounted brackets with electrification along the length of the fence.

Please be aware of this and ensure that children don't touch the electrification of the perimeter palisade fence.

Having approved a request for assistance from the West Coast Volunteers (tel number 083 499 6809), the ABHOA will provide fuel for their vehicles at a maximum cost of R1000 a month. This non-profit organisation operates an emergency and ambulance service within the Melkbosstrand area.

The Shuttle Service continues to be well-utilised. To ensure the correct checks and balances are in place for auditing the service, the shuttle tickets will now be valid for six months from date of purchase.

With the purchase of an industrial mechanical shredder, the ABHOA has enhanced its current capacity to recycle surplus vegetation material. Not only will the shredder increase the mulch capacity for re-use on the estate, it also will reduce the current cost of transporting vegetation material to the refuse site significantly. The ABHOA also will be accepting surplus vegetation material from the golf course for shredding and re-use.

Familiarise yourself with the article in this edition on the recycling service launch on the estate by the City of Cape Town. Residents are encouraged to make use of this service and support all recycling efforts.



**Position:** Building controller

**Date & place of birth:** 22 November in Aberdeen

**Career to date:** After working for Gray Security, I joined Thorburn Security Solutions in 2004

**Education:** Matric, education diploma

**Personal best achievement:** Playing 1<sup>st</sup> team rugby for UWC

## Profile: Gordon Prins

**Professional best achievement:**

My current position

**What you like most about Atlantic Beach Golf Estate:** The all-round friendliness and sorting out security matters

**What you like least about Atlantic Beach Golf Estate:** Politics

**Aspirations for the estate:** To be one of the best estates in South Africa

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

**Favourite actors:** Leonardo Di Caprio & Angelina Jolie

**Philosophy of life:** Never judge a book by its cover

**Biggest ever opportunity:** Meeting Nelson Mandela

**Biggest ever disappointment:** Losing one of my best friends

**Hope for the future:** To be estate manager of Atlantic Beach

**Favourite reading:** The Bible

**Favourite colour:** Blue

**Best TV programme:** Boots & All

**Favourite food/drink:** Stew & Coke

**Best time of day:** From 8h00 - 17h00 at work

**Favourite music:** Gospel

**Best holiday destination:** Port Elizabeth

**Favourite sport (self):**

Rugby

**Favourite sport**

**(spectator):** Rugby

**Biggest extravagance:**

Attending the England v New Zealand match at Newlands in the 1995 Rugby World Cup

**Car:** Toyota Tazz

**Miscellaneous dislikes:** Dishonest people

**Hobbies:** Hunting in the bosveld



# Classify this!

At the request of residents and as a value-added service, we're launching a classy *The Breeze* Classified Ad insert in your favourite publication in December (the holiday edition). One side will advertise specialist services available to Atlantic Beach residents at a nominal fee to cover costs. (Details available from Yolanda at the ABHOA



offices, tel 021 5530590.) The flip side will be exclusively for residents wishing to advertise bona fide services,

classes, goods for sale or to swap, and so forth. These ads will be at no charge. Please note that the ABHOA and the editor will not accept responsibility for advert content.

The deadline for the next edition is 9 November. Thereafter, the deadline for submissions in writing to [mariette@tomar.co.za](mailto:mariette@tomar.co.za) will be strictly one month prior to publication date: 1 Feb for March; 1 April for May; 1 June for July; 1 Aug for September, and so forth. So, keep those ads rolling.

## Trick or Treat?

It's that time again! Haul out those sugary munchies and please the hearts of children on Halloween evening, Wednesday 31 October. Dressed in outrageous (or mundane) costumes, children should gather at Park 1 in front



of the clubhouse where they'll be split into different age groups. Prizes for the most original costumes are up for grabs.

Residents who don't wish to be tricked or treated, should turn their exterior light(s) off, while those who are keen to join in the fun, should keep the home lights burning!



## Hearty news

Throughout the world, Atlantic Beach Golf Estate residents are leaving their mark. Thirty-six-year-old Wikus

Esterhuyzen, a former heart transplant patient, represented the South African Transplant Team as a golf team member at the World Transplant Games in Bangkok earlier this year. Forty countries were represented. This international event is held every two years.

As committed estate residents, the Esterhuyzens are planning a fundraising golf day in the near future at Atlantic Beach Golf Course for the heart transplant unit of the Christiaan Barnard Memorial Hospital. More information is at <http://www.transplantsports.org.za/>

## Gear up your gardens



Roll up your sleeves and get those green fingers working. Starting at the end of February, ABHOA will be inviting a well-known horticulturist to judge all gardens on the estate. Entry is automatic. Prizes will be given for the following categories: one-year-old gardens, three to five-year-old gardens; and gardens older than five years. Special considerations will be water-wise planting, soil moisture retention, integration of species and effective contrasts.

## Safety alert

With summer hopefully upon us at last, children are walking and playing on the estate roads. Therefore, resident and guest motorists are requested to please heed the speed limit of 35 km/h and stop signs. Accidents can happen all too easily.

## A matter of cooperation

