



The Breeze

ATLANTIC BEACH
Golf Estate Cape Town

Official newsletter of the Atlantic Beach Golf Estate Home Owners Association

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Formidable beauty

Not only is the caracal or rooikat the reigning beauty at Atlantic Beach estate, it's also regarded as one of the most beautiful cats in the world. This large, rufous-fawn cat has tufted black ears, exquisite facial markings, creamy underbelly with faded orange spots and long legs. Moving with grace and confident power, the rooikat is an expert climber and regularly takes refuge in trees. Females weigh about 11 kg and males 15 kg.

These cats are found in dry savannah and woodland areas, scrubland and rugged terrain in mountainous regions, where it's known to live as high as 3 000 metres.

In hunting, *Felis Caracal* is mainly nocturnal, but will also use the twilight hours to search out its prey. Diurnal activity has been noted, especially when hunting birds. Strong and fast, it also takes smaller prey such as jerboas,

sand rat, ground squirrel, rock hyrax, reedbuck and duiker.

From a sitting position, the caracal can launch 4 – 5 metres in the air by using its strong hind quarters and limbs. They do this to pluck flying birds from the air. Like other cats found in dry locations, the caracal can survive for long periods without water, obtaining its requirement from its prey's metabolic moisture.

In most parts of its range the caracal has no set breeding period and a female may often mate with up to three males. Litter size varies between 1 - 5 kittens, which are born from October to March after a gestation period of about 78 days. Although the kittens reach maturity at 16 - 18 months, they're often independent from about 12 months.

The rooikat is an aggressive animal and has become even more elusive because of merciless hunting by farmers.



Worms having their day

As one of the leading golf estates in South Africa, the ABHOA is continually investigating environmentally sound practices. The latest such practice, vermicomposting, is now being used on the estate and residents are requested to bring organic waste to the estate offices. Here, the gardening division will feed the waste to the resident earthworms so that the vermin-tea can be used on common property vegetation. Please note that the worms can't process meat or dairy products.

Vermiculture means worm farming. When earthworms are used primarily for producing compost, the practice is referred to as vermicomposting.

Earthworms hold vast potential for addressing many current ecological concerns, including climate change and food security. Charles Darwin wrote that long before the plough existed, the land was regularly ploughed and still continues to be ploughed by earthworms. "It may be doubted whether there are many

other animals which have played so important a part in the history of the world as have these lowly organised creatures."

Earthworms aerate, till and fertilise the soil, breaking down organic waste into plant-available forms, improving soil structure, as well as nutrient and water-holding soil qualities. In the past 50 years in particular, the use of chemical fertilisers and pesticides, plus over-tillage have killed earthworms and other beneficial organisms, leading to poor soil fertility, loss of soil structure and soil erosion. Meanwhile, rotting organic waste dumped in landfills is polluting the underground water supply and releasing vast amounts of the greenhouse gasses responsible for global warming.

Earthworms eat organic waste, providing healthy soil and organic fertiliser in return. In short, it's a deal that humanity can't afford to pass up.





From the Chair

It's with mixed emotions that I accept my task as board chairperson. While being grateful for the honour, a serious task is at hand to ensure that, through good governance, current high standards are maintained and where at all possible, improved. I personally believe that the board has a responsibility to try achieving accord and harmony between the estate's two mainstream activities, so that goodwill becomes a hallmark of our estate. All the board's members are committed to this task.

Our sincere thanks to Sarah Braude, our

outgoing chairperson, for a job well done over a period of nearly three years. She was the right person at the right time and much that has been achieved since the elected trustees took charge, was because of her diplomatic ways, dedication and leadership qualities.

Our thanks also to Keith Turton who has resigned as trustee. During his term of office, he handled the difficult security portfolio with much commitment and skill, all of which will be missed sorely.

Jacko Maree



With thanks

Dear members and residents

After two years as Association chairperson, the time came for the board to elect a new trustee to this position, as per the estate rules. Jacko Maree has accepted this appointment and I extend

my good wishes to him for his term of office.

I wish to express my appreciation and gratitude to the Association members for your support and commitment to me and the board over the last two and a half years. As an elected board we came into office at a time when the Association was initiating substantial reorganisation.

This couldn't have been achieved successfully without your commitment. I've always appreciated your suggestions and comments as these have contributed to improving our estate's administration and management. We live in a wonderful environment and your continued participation and involvement will ensure a successful future for Atlantic Beach Golf Estate.

Sarah Braude



Position: Bookkeeper/admin officer
Born: Transvaal, 25 January 1959
Career: After starting as receptionist, I moved into bookkeeping & admin control for companies such as Concor Technicrete, The Garden Inn and Midlands Trucking
Education: Std 8 & bookkeeping courses
Personal best achievement: Successfully raising my children

Spotlight on Rose Dew

Professional best achievement: Many
Tops at Atlantic Beach: The natural environment
Least liked at Atlantic Beach: The inability of some to be understanding
Aspirations for the estate: Harmony
Who's had the biggest influence on your life: My aunt
Person you'd most like to meet: Gordon Ramsay
Favourite actors: Nicholas Cage, John Travolta
Life philosophy: Do unto others as you would have done unto you
Biggest opportunity: Living at the seaside
Biggest disappointment: That my children didn't get to know their grandparents and vice versa
Hope for the future: Tolerance
Favourite reading: Humour, autobiographies, true stories
Favourite colour: Earthy colours
Best TV programme: History, BBC Food, DIY
Favourite food/drink: Italian, Amarula Cream on crushed ice

Best time of day: Sunset
Favourite music: Anything I can dance to
Favourite sport (self): Walking & cycling
Favourite sport (spectator): Rugby
Biggest extravagance: None
Car: Fiat 1.6 Weekender
Pets: 2 dogs
Miscellaneous dislikes: Dishonesty, untidiness, lack of responsibility
Married: Anthony (14 years)
Children: Sean Keith (26), Robyn Fay (25)
Hobbies: Gardening, interior design, scrap booking, furniture restoration
Best holiday destination: Venice





A life less lived

The paradox of our time in history is that we have taller buildings but shorter tempers, wider freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. With bigger houses and smaller families, we have more conveniences, but less time. Although we have more degrees, we have less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much and pray too seldom. Possessions have been multiplied, but

we've reduced our values. We talk too much, love too seldom and hate too often.

Yes, we've learnt to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbour. Outer space has been conquered, but not inner space. We've done larger, but not better things.

We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We plan more, but accomplish less. We've learnt to rush, but not to wait. We build more computers to hold more information, but we

communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes, but more divorce, fancier houses, but broken homes. Days of quick trips, throwaway morality, one-night stands, overweight bodies and pills that do everything from cheer, to quiet, to kill. It's a time when technology can bring this letter to you and a time when you can choose to act on this insight, or just sit back.

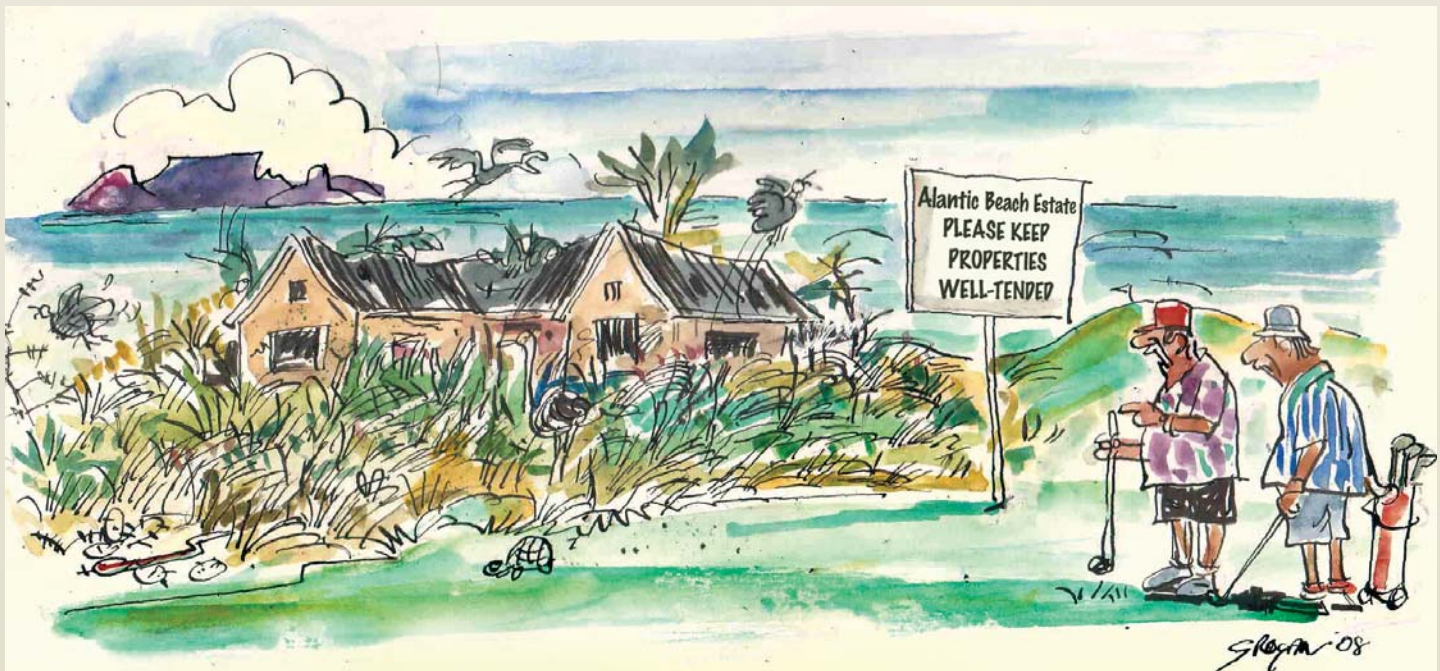
Spend some time with your loved ones, because they won't be around forever. Say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side. Give a warm hug to the one next to you, because that's the only treasure you can give with your heart and it doesn't cost a cent.

Say, 'I love you' to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside you. Hold hands and cherish the moment, for someday that person won't be there again.

Give time to love, give time to speak. And give time to share.

by George Carlin

A matter of cooperation



"Not only is it a mess which downgrades the estate, but if you slice one on to his property you can kiss goodbye to your golf ball!"



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Be safe

Although Atlantic Beach is a security estate with top-class security measures in place, the fact remains that visitors, house sitters and delivery people do enter. Thus, it's simply common sense not to leave windows and doors open, according to estate manager Chris van Wijk. "We can't control what visitors get up to once on the estate," he said.

Van Wijk emphasised that a culture of security responsibility was being promoted. "We beseech residents to implement all the usual: locking windows and doors, using light timers when away, installing a safe, keeping eyes and ears open, installing alarm systems and reporting suspicious behaviour to the estate's security control room, 021 5531250.

Residents needn't install alarm systems at astronomical prices. A list of reasonably priced systems from bona fide vendors is available from the estate office. Another bonus is that the alarm systems may be connected to the estate's control room.



Powerless

Those residents using generators during power outages are permitted to do so provided that the generator noise or fumes don't cause a nuisance. Residents wishing to help in conserving energy by installing solar panels are welcome to do so, but the panels must be approved by the ABHOA.

Who's who

- Chris van Wijk** – estate manager
- Rose Dew** – accounts
- Yolanda Koekemoer** – admin assistant
- Jerome Davids** - security
- Gordon Prins** – building and code of conduct controller
- Subashni Thaver** – reception
- Markus Savage** – review architect
- Shanne Williamson** – horticulturist



Kalkoentjie (Gladiolus alatus)

Showing off

Gardeners can display their prowess when judging of the Atlantic Beach garden competition takes place on Saturday 19 April.

Judging criteria are: design and layout; garden balance; plant use and choice (texture, colour and focal points); maintenance and condition; originality. First, second and third place prizes are up for grabs.

Residents wishing to participate or obtain more information should contact admin@abhoa.co.za.



The hunt is on!

Hone your hunting skills, because the big Easter egg hunt is on Sunday 23 March at 07h30 for 08h00, finishing at 09h00. Contact Yolanda Koekemoer on 021 5530590 for more details. Drops and e-mails will provide additional information.

Classy ads

Don't forget to submit your free personal ads for the next *The Breeze Classifieds*. Advertisements from all residents are free of charge and can be sent to mariette@tomar.co.za. Please note that the ABHOA and editor will not accept responsibility for advert content. The deadline for the May edition is 1 April.

Businesses advertising their services /products are charged a nominal fee to cover costs. Details available from Yolanda at the ABHOA offices, tel 021 5530590.

In memoriam

It is with regret that we report the deaths of three residents during the December/January holiday period: Virginia Roder, Frederick Potgieter and Engela du Toit. We extend our heartfelt sympathy to their families.



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