

Secretive and solitary

Stealing out under cover of darkness to feast on rich shoots, not many Atlantic Beach residents have seen their charming, but secretive neighbour, the Cape Grysbok. Endemic to South Africa, they're almost entirely restricted to fynbos, inhabiting thick bushes, shrublands, orchards and vineyards. They occur only in the southern and south-western Cape Province.

Raphicerus melanotis are more active at night than during the day and are predominantly browsers who aren't dependent on free water. Occasionally they graze succulent grass and eat fruit when available. When this shy animal feels threatened, it may lie flat on the ground and then speed away, keeping its head low.

Not particularly graceful, the Grysbok is small, with a thickset body and fragile, short legs. The forelegs are a little shorter than the hind legs, causing its back to slope. A mingling of white and reddish hair on the back and sides gives this species a grizzled, reddish appearance. It spends much time washing and grooming its thick, wiry coat. Only males have horns which are 60-80 mm in length with a slight forward curve, standing vertical on the head. The Cape Grysbok stands 540 mm at the shoulder and adults weigh 10 kg.

These antelope have small territories and usually can be seen on their own, in pairs during the mating season, or in small family groups. A single lamb is born any time of the year, although lambing tends to peak during spring.



Gestation period is seven months. The little one is kept hidden for the first few months until it can fend for itself.

"Help! There's a huge snake in my garden." "Please come quickly – there's a suspicious character lurking around my property." "I can't get into my house!"

These are just some of the frantic calls to the Atlantic Beach control room. So, it's a busy centre and its prime purpose is for the convenience and benefit of the estate's residents experiencing problems. Following suggestions from members, the control room is now manned by staff proficient in both English and Afrikaans, who have had training in

Help a phone call away



capturing snakes and who'll be able to deal with emergencies.

When a call is logged, the procedure is to establish the caller's identity, the erf number and the problem. Details are recorded on computer and security manager Jerome Davids checks the log to ensure that all problems have received attention.

The Atlantic Beach control room number is 021 5531250.

Cool comfort

Shade, glorious shade. Something sadly lacking at Atlantic Beach Golf Estate. Until now that is. Because soon the estate's public open spaces and parks will be graced by large, leafy indigenous trees to provide respite from the blistering West Coast sun.

Already, the landscaping team has planted four forest elders (*Nuxia floridunda*) and three water berry trees (*Syzygium cordatum*) in Colebrook Park for shady relaxation. Meanwhile, Park 1 in Strathblane Village now boasts a forest elder and one white karee (*Rhus pendulina*). Plans also are afoot to provide additional benches in the parks.

Horticulturist Shanne Williamson reported that other large trees, which include the Cape ash, wild olive and camphor bush in addition to those already mentioned, will be planted at the main gate and spread throughout the estate.

From left to right: Camphor Bush, Cape Ash, Forest Elder, Water Berry, White Karee and Wild Olive.



From the Chair

It's astonishing how much time each member of our board spends on Association matters. Each trustee is responsible for his/her portfolio and monthly meetings are held by each portfolio committee. The various portfolio committees report and make recommendations to the board and every recommendation that has financial ramifications is first scrutinised by the finance committee prior to tabling at the monthly board meeting.

It takes time and effort to write the reports and prepare for board meetings. We're blessed to have able trustees who are prepared to give, without remuneration, of their time and knowledge for the benefit of our estate.

In my experience, committees, boards and councils are usually good when they have to say 'yes' or 'no' to proposals, but they can't develop the proposals themselves because they don't deal with the issues at the coalface on a daily basis. Profitable companies have smart CEOs,



thriving municipalities have bright city managers and successful home owners' associations have good managers.

Therefore, the board has decided to strengthen the Association's administrative capacity. Estate manager Promanage has been requested to create a new post within its structures and to appoint Romaine Midgley as our company secretary. Romaine will now be responsible for our financial as well as administrative operations and will assist in developing proposals in conjunction

with Chris van Wijk. This will make the board more effective, ensuring smooth interaction between the board and its portfolio committees. In addition, communication between Promanage, the board and members also will improve.

We're fortunate to have acquired Romaine's services, because she has the personality, qualifications, skills and experience to contribute to our estate's good governance. She completed her school education at Ratcliffe College, England. She obtained her B Comm MAC (Management Accounting) and is currently studying for CIS (Chartered Institute of Secretaries). She started as a bookkeeper, followed by head of a debtors department and thereafter assistant accountant and financial controller. She's currently shareholder and director of Promanage (Pty) Ltd, a company exclusively dedicated to managing homeowners' associations, with six residential lifestyle estates as clients at present.

Although Romaine often burns the midnight oil in her office, she's fond of equestrian sports and somehow also manages to spend quality time with husband Nicholas and 13-year-old son St. John.



Position: Building inspector & review architect

Born: 12 November 1968, Wynberg

Career to date: 7 yrs employment in RSA, 4 yrs employment in Ireland and now self-employed

Education: NHD Architecture & PMP (Project Management Professional)

Personal best: Raising two amazing daughters

Professional best: 2IC for design/project team on €60 million maternity hospital extension in Cork, Ireland

Tops at Atlantic Beach: It's so dark at night that one can still appreciate the stars

Spotlight on Markus Savage

Least liked at Atlantic Beach:

Neighbours bickering

Aspirations for the estate: Becoming one big happy family

Person you'd most like to meet: Richard Branson

Favourite actors: Jim Carey & John Malkovich

Life philosophy: Mix with people who inspire you

Biggest opportunity: Work experience abroad

Biggest disappointment: Getting divorced after 10 yrs of marriage

Hope for the future: To be remembered fondly long after I'm gone

Favourite reading: Harlan Coben, Jonathan Kellerman, Steven King

Favourite colour: Orange

Best TV programme: *Megastructures*

Best time of day: First thing in the morning

Favourite music: Snow Patrol & Coldplay

Favourite holiday destination:

Barcelona

Favourite sport (self): Any martial arts

Favourite sport (spectator): Premier League Football

Biggest extravagance: Taking family on holiday to France & EuroDisney

Car: 2.8 TDI Colt Mitsubishi double-cab

Pets: 1 non-venomous snake for now

Miscellaneous dislikes: Inconsiderate drivers and drivers who don't know the rules of a traffic circle. Oh yes, and

Children: Ashleigh Lauren (13) & Taylor Cassidy (9)

Clubs: I'm too old for clubbing!

Hobbies: Reading, hiking, mountain-biking

Favourite food/drink: Pasta & cranberry juice. Ok, ok, and the odd Southern Comfort on the rocks



Fearing success



The fear of consistent financial success manifests as the inability to make money consistently enough to accumulate the necessary amount for creating a firm financial foundation and sustaining it. Just when we get to the point where we can put some money aside, some crisis intervenes. If this cycle has occurred more than once in your life, it's a block.

This block has three components: beliefs, fear and pattern. The beliefs that create the fear and thus the pattern of behaviour are:

- It's more blessed to give than to receive
- It's bad to be selfish
- Putting the needs of others before your own
- It's my responsibility to ensure that

those who love me are happy, safe and satisfied

The fear is that we'll be judged unworthy if we don't follow through on our commitments and responsibilities, regardless whether they're necessary. Finally, the pattern is the up and down cycle of prosperity as a result of the block on the output of daily energy expenditure.

Protecting us from too much physical or emotional pain, the ego uses fear as its main communication to keep us well. Each of us has a variable daily energy expenditure limit, based on our physical and emotional health. Fatigue is part of the ego's language, telling us to rest and re-energise through sleep, play and fun. If we push past that limit, energy is taken

from joints, bones and muscles to keep the body going. If this happens, the body begins to break down.

If we do this consistently, the ego blocks us from doing those things that cause the overdraft of energy. When it comes to achieving consistent financial success, we experience this form of block as a crisis to throw us off track. When we lose momentum, we decrease the amount of life force needed to keep the money flowing at that higher level.

It's not that the ego fears having the money, it's the daily over-depletion of life force that it fears. When you start your day, you have R100. Once you've used that, it's gone and you'll experience fatigue. You have to stop, rest and allow your body to recharge, thus depositing more money into the account. If overdrafts continue, the imbalances manifest as headaches or backache and later as a more serious illness. Thus, to make money, you have to recognise your limits, establishing boundaries to safeguard those limits and letting others know what the limits are.

Setting limits means taking a hard look at what you want to expend energy on each day based on the balance in your account. You'll have to choose among the things on your To Do list, prioritising people and tasks. People will only respect your boundaries if you do.

Financial prosperity is your birthright. You simply have to clear the blocks to achieve it.

Hear ye, hear ye

Harking back to the good ol' days of yonder, the ABHOA is promoting a village-type culture of community spirit and goodwill on the estate with a calendar of interesting, fun events. Estate manager Chris van Wijk explained that this initiative focused on improved interaction between residents.

A host of events is lined up for the year. In March, the ABHOA kicked off with the highly successful Easter egg hunt, followed by several village braais in April. On 7 May at 19h00, a cheese

and wine evening with a well-known motivational/topical guest speaker will be held at the leisure centre. And in June, a theatre trip by bus is on the cards. The date, venue and other details will be confirmed in individual letters to residents.

Other events in the pipeline include a teenager event, the National Arbour Week tree planting, holiday programmes, a Halloween evening and a jazz picnic. If there are any bright ideas out there, please send your suggestions to Yolanda@promanage.co.za.



What a hunt!

The great Easter egg hunt held on 23 March was a rip-roaring event... and more than 200 children spread over three parks will testify to that. Here's what you missed.



Nursery hours

Many residents already are aware that the nursery hours have been extended. Currently it's open during the week from 08h00 until 17h00 and Saturdays from 09h00 until 13h00.

Please note that the garden refuse collected from homes should not contain half bricks, glass and tins, because these items damage the chipping machine. Should you want garden refuse collected, contact Yolanda on 021 5530590.

Ship-shape

To keep our beautiful estate in mint condition, maintenance projects are ongoing. Recent and current activities include painting the palisade fence, guard houses, road signs and traffic lines. In Park 1, a concrete pathway is being laid from Dune Weed and Cord Grass Ways to facilitate access to the club house and leisure centre.

Estate manager Chris van Wijk thanked all residents who reacted on the maintenance warning letters by mowing lawns, repainting gutters, weeding and so forth. "It's always good to see everyone doing their bit for the estate's aesthetics."

Sekuriteit-welslae

In verskeie vorige uitgawes van hierdie publikasie het ons die kwessie aangespreek dat inwoners tuis verantwoordelikheid moet neem vir hulle persoonlike sekuriteit. Maatreëls moet getref word in terme van persoonlike eiendom, hoe gering dit ookal mag wees. Tot dusver was dit 'n reuse sukses. In die afgelope twee maande was daar nie 'n enkele sekuriteitsinsident nie. Baie dankie vir julle samewerking.

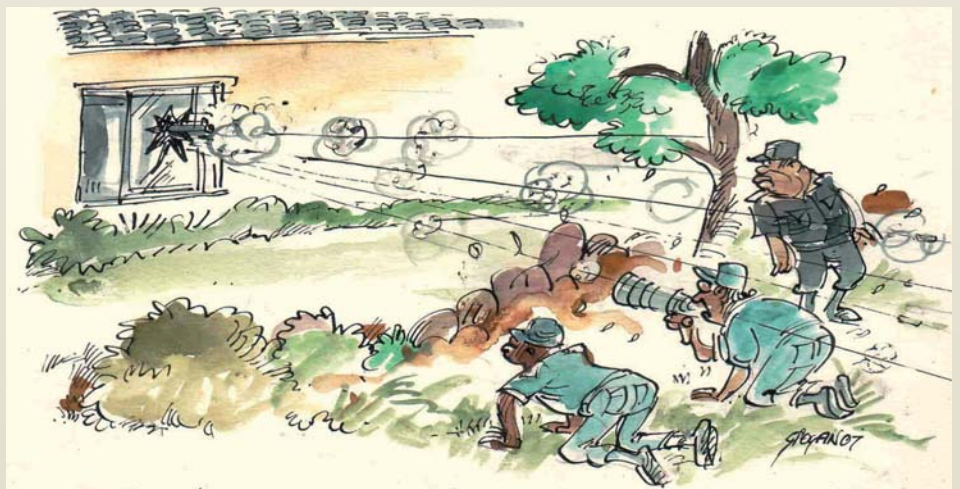


Ongelukkig is kriminele intensies teenwoordig in alle gemeenskappe, ongeag van die gemeenskapsprofiel. En omdat die landgoed 'n golflandgoed is, is dit onmoontlik om beheer uit te oefen oor wie kom vir 'n rondte golf, of basies enige ander besoekers aan die eiendom. As 'n selfoon of skootrekenaar op 'n tafel buite lê, is dit letterlik 'n uitnodiging vir diefstal.

Ons is baie bly dat inwoners meer fokus op sekuriteit. Kom ons hou so aan.

Statistical trivia

Completed homes: 745
 Approved plans: 29
 Houses under construction: 47
 Vacant stands: 35
 Average no of visitors a day: 240
 Average no of domestics a day on the estate: 319
 Traffic violations per month: 16
 No of rule enforcement letters to residents per month: 33



'Estate rules are for the benefit of all residents, Mr McClosky, so come out quietly and pay your R250 fine for Fido barking incessantly.'