

THE ISLANDER

Excom Report

It is a new year and a few issues are slowly moving forward.

Albert Bartels was incorporated by the committee to handle the gardens, the results already showing and growing. The irrigation is being fixed all over, the doggy park and play park's grass growing well. The bridge section is getting attention as it is the first impression of the island. Pop ups has been installed in the play park next to the office. Please refrain from parking on the grass there. Re-connection of the sprinkler systems in the small green areas is in process. Around the security gate is a bit of a problem, but the "boer is besig met 'n plan."

Going forward donations of plants, cuttings and seeds will be appreciated. We are planning a small nursery at the office for the growing of seedlings like herbs to be planted over the island.

A big shout out to all the residents who came forward and volunteered their services. It is heart warming to see the "team" growing. There are many valuable inputs. It became a fun project and we want to see more people joining with good ideas.



There was a day...

on the island when all the birds announced the sunrise each with their own tones. The sky was blue and the bright sun promised a hot day. Through out the day there were residents strolling along with kids of all ages on bikes and skates. Dogs on leashes with their tongues hanging out were happy to spend time with their families. On the mirror water boats of all sizes cruised by, canoes and stand up paddles for the more energetic enjoyed the occasional wake. Neighbours were chatting in the streets or on their stoep sharing a drink or a braai for later. Two youngsters came past on their bikes with a "hello Tannie!", their fishing gear on the back to join their friend and 'n "oom" where the canal meets the river. It was a day with sounds of laughter and banter, smells of fresh air and cooking, freedom for all to be safe outside even as the sun disappeared, a day to be mindful of the moment and life.

There was day... without loud parties, dog poo, speedy cars, personal animosity, insensible action.

Oh, what a day it was.

The Admiral Island WhatsApp group can be really active somedays. To take all members in consideration, Socrates said: "If what you want to say is neither true, nor good or kind, nor useful or necessary, please don't say anything at all."

Fibre Available Now
Admiral Island

My Choice Fibre Package - 12 Month Term

Package	Download	Upload	Monthly Price	Installation Price
MyChoice 4M	4Mb/s	2Mb/s	R199	FREE
MyChoice 10M	10Mb/s	5Mb/s	R299	FREE
MyChoice 25M	25Mb/s	10Mb/s	R399	FREE
MyChoice 50M	50Mb/s	25Mb/s	R499	FREE
MyChoice 100M	100Mb/s	50Mb/s	R799	FREE
MyChoice 200M	200Mb/s	100Mb/s	R899	FREE

Infinity Fibre Package - 12 Month Term

Package	Download	Upload	Monthly Price	Installation Price
Infinity 10M	10Mb/s	10Mb/s	R549	FREE
Infinity 20M	20Mb/s	20Mb/s	R649	FREE
Infinity 30M	30Mb/s	30Mb/s	R749	FREE
Infinity 50M	50Mb/s	50Mb/s	R899	FREE
Infinity 100M	100Mb/s	100Mb/s	R999	FREE
Infinity 200M	200Mb/s	200Mb/s	R1299	FREE

Premium Fibre Package - 12 Month Term

Package	Download	Upload	Monthly Price	Installation Price
Premium 50M	50Mb/s	50Mb/s	R1499	FREE
Premium 100M	100Mb/s	100Mb/s	R1999	FREE
Premium 200M	200Mb/s	200Mb/s	R2499	FREE

Powerboat skipper ticket course for the river and 1 nautical mile will be held in Langebaan, cost R2970. Date to be announced as they need a minimum of 5 people. Contact Frank Stuyck @ 0837019434

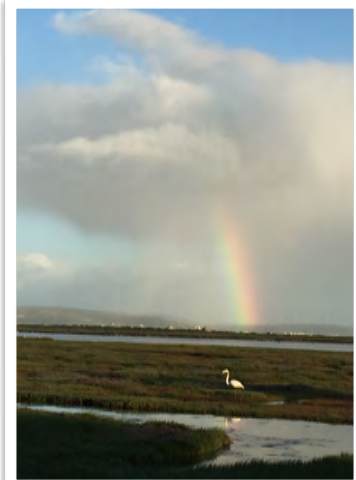
Around...

The Berg Estuary in the Western Cape was declared as a Ramsar Site under the Convention on Wetlands of International Importance and forms one of only four estuaries on the West Coast of southern Africa that always have water.

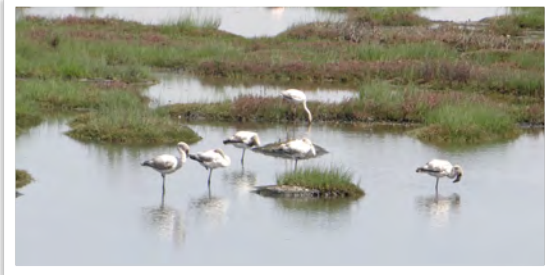


The Ramsar site stretches from the R27 road bridge upstream to the tidal extent of the estuary

approximately 61 km from the Estuaries mouth. This system is highly reliant on the management of its catchment, which extends 160 km upstream from the river mouth to its source in the Franschhoek and Drakenstein mountains. The lower reaches of the river meander over very flat country so that, on average, the riverbed falls only 1 m in the last 50 km. The estuary has been designated as a Ramsar site due to the presence of representative, rare and unique natural or near-natural wetland types, the presence of rare species and threatened ecological communities, high levels of biological diversity, and the provision of support to species during their critical life stages. It also supports vast numbers of waterbirds, 9 species of which have over 1% of their total population that can be found at the estuary.



representative fish species that use the estuary as a spawning ground are found in the estuary. In terms of the numbers of waterbirds, the area is the most important coastal wetland in South Africa, ranking above Langebaan Lagoon and Lake St Lucia. The most important habitats for foraging birds are the estuarine mudflats and ephemeral floodplain pans, while for breeding the riparian marshes and the commercial salt pans are key. The Estuary also boasts a total of 145 plant species that was identified in a vegetation survey of the lower estuary and floodplain and 35 fish species of which 17 (48 %) can be regarded as either



partially or completely dependent on the estuary for their survival.

Cape Nature general manager Petro van Rhyen emphasises the way we can contribute in protecting the estuaries would be to plant appropriate indigenous plants in natural areas, stop littering, use recycled products, use water sparingly and act as ambassadors for the estuary in the community.

This and that...

Hello Islanders,

With the new year already here with summer in its full glory I thought I'd send you just a few tips on caring for your hair during our glorious summer weather.

1. Snip off dead split ends or revive your hair with a good haircut. Whether you are growing your hair or needing a new look it's important to trim off those dry ends and it's the first step to take if you haven't done so already.

2. Do an in-salon professional Redken Chemistry system treatment. It is custom made for exactly your hair requirements, replenishing moisture and protein to the hair fiber as well as balancing the PH level and treating mechanical and chemical stress on the hair.

3. Use a haircare range at home specifically for summer and if you spend a lot of time outdoors, a UV protection spray will offer extra protection. Goldwell Dual Senses has a range called Sun Reflects which is just wonderful in helping you through the summer months. For those of you battling with dry frizzy hair, Mycro Keratin treatment is the best on the market. It is too much to explain here but you are welcome to see me for more information on it if you are interested.

4. Avoid hairdryers and styling irons as much as possible and opt for wash and wear easy hairstyles that look absolutely wonderful and youthful. Not only does this look good but it's refreshing.

Lastly, if I might add: one can go without makeup but our crowning glory is our hair, make it beautiful.

Donné Christof





Any used batteries can be placed in Etienne Botha's mailbox at 45 Admiral Boulevard.



Ironman MT800 21-speed off-road with hydraulic suspension bicycle for sale @ R750 o.n.o. Contact Rick Roughton 0612785725.



We welcome Louise Card at the security gate. With her husband and little girl of a year and a half they moved from Pretoria to Velddrif where it is safer for the family. Brave girl this, because recently she coloured her hair a vibrant red!



Charl Toerien is embracing the island living. He joined Etienne Laubscher for kajak lessons and recently participated in the West Coast 10km canoe challenge. With a smile like that it doesn't look like it was a challenge to him!

Where to go...



Only the best quality oils are used in the beard oils, rich in nutrients and quickly absorbed by hair and skin, keeping the beard looking fuller, softer, healthy and more manageable.

The beard balm contains mostly bees wax and Shea butter to create a barrier to lock in moisture.

Bentonite clay with quality oils are used in the shaving soap to ensure a close, smooth and ultimate shaving experience while detoxing and toning the skin, too. All products contain nut and essential oils.



Nourish Natural soap is vegan, cruelty free with 100% biodegradable formulations and recycling packaging. Only pure, natural oils and Fair Trade Shea butter are used. Each product is handcrafted in small batches. Shelley 0723243789



Mama Laine's Bran rusks 400g @ R45,
Buttermilk rusks 400g @ R40,
mustard onions 350ml @ R45
Elaine 083 6018787

Want to know some more about you neighbour? The next newsletter will reveal all!

Till next time, do what makes you happy and cook with wine, sometimes add it to the food.

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EXCOM

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Home Buss:	Maxleigh Derman	083 3099966
Estate Manager:	Lisa van Zyl	062 0235543
Controlling architect:	Tiaan Botha	021 5545897

Emergency numbers

Police	022 783 8020
Dr N Vermeulen	022 783 0027 / 083 658 4056
Dr S Annandale	022 783 0040 / 083 233 1098
Dr Raubenheimer (Dentist)	022 783 0289
Municipality Velddrif	022 783 1112

Emergency numbers

Ambulance (Vredenburg)	022 713 4590
Hospital Life Private (Vredenburg)	022 719 1030
Hospital Provincial (Vredenburg)	022 709 7200

