

# ESTATE TIMES

## LANGEBAAN COUNTRY ESTATE

LCE Newsletter - December 2023 / June 2024 - Vol. 21

## Celebrating 21 Years: A Milestone for LCE



By Craig Scott | LCE CEO

Dear Langebaan Country Estate Home Owners, Residents and Visitors, Welcome to the 21st edition of our bi-annual Estate Times.

This edition also coincides with the 21st anniversary of the development known as Langebaan Country Estate (LCE).

As you will all no doubt agree, the celebration of a 21st birthday is a momentous occasion in any person's life as it represents the transformation from childhood and adolescence into adulthood.

It seems appropriate that on our 21st anniversary of commencing the development, it is clearly apparent that Langebaan Country Estate has realized its potential and matured into an extremely vibrant, supportive, convivial and sustainable development.

Looking back over the past 21 years, it's astonishing to see the changes that have taken place through the various ups and downs of the economic cycle, and it must be rewarding for all Owners to see the Estate developed and enjoyed by all the Residents. We, as the Developers, feel extremely privileged to have been supported by all of you who have invested and believed in our vision for creating a community with a central theme of interaction



Photo by Johan Winterbach

through sports, the bar, restaurant, leisure, entertainment and community interaction.

We would truly like to thank you for believing in our vision and trust that you have found your investment to be a most rewarding one, both financially and in terms of the lifestyle that the Langebaan Country Estate offers.

As the development transitions from adolescence into adulthood, there are numerous developments planned and underway, all of which should generate further enthusiasm and confidence in all our stakeholders.

The Estate now comprises in excess of 1,000 dwelling unit opportunities and we are currently developing two new residential nodes being Chardon and Le Juille Village. As I'm sure most of you are aware, our villages are named after whaling ships that came into Saldanha Bay during the dark history of whaling that took place in our waters. By no means do we celebrate the whaling operations, but it is a way of recognizing the past and how far we have progressed in developing more sustainable practices and processes, not only for ourselves, but for all the other co-habitants of our planet.

Not only is the steady development of the Estate exciting, but in response to this we also have numerous other initiatives underway, not least of which is the enhancement of security measures to protect all Residents and their investment.

The Developer recently installed concrete under-dig protection along five kilometres of the perimeter fence and in the process simultaneously installed a fibre network along the circumference. A dedicated fibre security network connecting cameras on the Estate to our centralized control room has also been added.

Together with the rollout of the fibre networks, we are in the process of installing CCTV cameras along the perimeter which will operate independently of Eskom power supply. The Developer has to date installed thermal night vision cameras on the Southern side of the Estate and new cameras will be installed and commissioned on the Northern side within the next month.

We as South Africans are all aware of the ongoing crime challenges of living in South Africa, and as an Estate and community, we need to remain vigilant in developing new measures to counter the risks of the ever-increasing threat of crime. Thankfully, our security measures to date have been most successful and we have had minimal security breaches over the past three years.

As the Developer, we see our role as creating a community rather than just being a Developer. Being part of a community carries the responsibility of nurturing and interacting with your fellow community members.

Langebaan Country Estate has always prided itself on being transparent and accountable to all the

members of the community that have invested in this joint project. We would like to raise our concerns around certain social media platforms and in particular, Resident WhatsApp groups, where it appears that a small minority of Residents, numbering around no more than 10 people, perpetuate negative and somewhat destructive feedback on these platforms.

All Home Owners and Residents on LCE, are fully aware of the fact that both the Developer, the Managing Agent, and the Estate Manager will always avail themselves to sit down face to face with any concerned Resident to answer queries, questions or to receive constructive feedback.

This seems to be the most appropriate way to address any Resident concerns and we do not engage with negative discussions on social media platforms, which are often instigated by the aforementioned minority who never exercise their rights nor show any desire to rather engage in constructive discourse with the Developer or Estate Management face to face.

I would like to wish you and your families a wonderful festive season and hope that you will enjoy all that your Estate and the beautiful Langebaan and surrounds has to offer.

Best Wishes, Craig.

## Our Community, Our Foundation

By Wimpie America | Councillor Ward 14



As the holiday season approaches, I find myself reflecting on the incredible year we've had together as a community. It is with great joy and gratitude that I extend my warmest wishes to each and every one of you during this festive season.

As your Ward Councillor, I am truly privileged to serve such a caring and loving community. Your steadfast support and active participation in making our municipality a better place are the foundations of our success. Together, we have achieved remarkable milestones, adopted a sense of togetherness, and built a community that cares for one another.

This past year has presented its share of

challenges, and your resilience, kindness, and community spirit have been a source of inspiration for us all. The way you've come together to support each other in times of need reflects the true heart of our community.

I would like to take this opportunity to express my heartfelt gratitude to each resident, business owner, and community leader for your continuous support. Your assistance to making our municipality a better place has not gone unnoticed.

As we enter the holiday season, I encourage you to take a moment to cherish the warmth of your homes, the company of loved ones, and the spirit

of giving. May this festive season bring you joy, peace, and an abundance of cherished moments. Looking ahead to the new year, I am excited about the opportunities and challenges we will face together. Your input and engagement have been instrumental in the progress we've made, and I am confident that, with your continued support, we will achieve even greater things in the coming year.

Best regards,

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# The Importance of Well-Managed Levies



— Maria Austen (Status-Mark) | LCEOA Portfolio Manager

While the levies at Langebaan Country Estate Owners' Association (LCEOA) are comparably lower than those of numerous other estates and residential developments, it is evident that our LCEOA levies offer exceptional value to LCE Home Owners. They continue to remain significantly lower than any other residential golf estates with a similar range of facilities. Residents are reaping the rewards of our charming community and the unique LCE lifestyle, which includes the growth in the value of our members' investments. It is of utmost importance for every owner to understand the essence of levies, their significance in sustaining the Estate, and the implications of late or non-payment. The non-payment of levies can result in the estate being unable to meet their required financial obligations, leading to the deterioration of all the common and open areas and a decrease in property value for all Owners. An Owner, who continually defaults on his or her levy payments is effectively being subsidised by other members of the scheme, who duly pay their levies on time. Notably, over 98% of LCE Home Owners consistently pay their levies promptly each month. We express our gratitude to all our loyal Owners who pay their levies in a timely manner. High amounts are owed by a small portion of members, majority being our overseas Owners. This translates to roughly 2% of the total levy base that is currently not settling their monthly levies. The outstanding levies will continue to decrease, as we aggressively explore every avenue available to us to ensure that all levies are collected.

## Owners' Association Levies

In the realm of estate living, levies are a part of everyday life and have even been described as the "life essence" of a Community Estate. Levies are determined in accordance with the comprehensive and detailed LCEOA budget. The Trustees, in collaboration with Estate Management, undertake extensive research each year before finalizing the LCEOA budget, which sets the levies for the year. Professionals are also consulted to anticipate potential risks and ascertain the replacement costs of the substantial Estate infrastructure. We are always extremely considerate and mindful when approving the annual levies, given the current economic conditions in South Africa, and only approve increases after extensive research and debate establishes that any such increase is necessary and that the quantum is as judicious as possible.

Our overall objective is to set levies as low as possible while ensuring the effective and efficient management of the Estate for the ultimate benefit of all Owners. LCEOA continues to build sufficient and appropriate financial reserves to be prepared

for any potential future funding requirements that may arise.

Security services represent the largest expense, and South Africans are acutely aware that security is a significant challenge for all, regardless of where we reside. Providing security at LCE remains one of the top priorities for the Trustees and Estate Management. We are committed to vigorous planning and the implementation of effective systems within the budget provision to successfully address this challenge. Successful negotiations with the Estate Security Providers, Thorburn, and a commitment to an ongoing relationship have enabled the Trustees to negotiate a reasonable increase without reducing manpower or services. Additionally, budgeting for security upgrades ensures that our security systems are continuously improved, enabling us to respond to new risks. The Trustees carefully analyse and evaluate the income and expenditure of the LCEOA. Once the estimated costs are determined and finalised, the budget is divided amongst Owners based on their respective opportunities, thus determining the monthly levy.

## LCE Body Corporate Levies

The Sectional Titles Schemes Management Act mandates a body corporate to collect levies from all members of the body corporate, including all Owners of sections in the scheme. This is done to cover the common expenses and operating costs that the scheme will incur during a given financial year. These expenses may vary from scheme to scheme, but encompass the management of individual schemes according to their detailed Body Corporate budgets, ensuring that all buildings are well maintained in line with the Master Association Guidelines. Once the Trustees determine the estimated costs for running the scheme over the upcoming financial year, they can set an administrative and reserve fund budget accordingly. Contributions are allocated among Owners according to the Participation Quota (PQ) of their section, calculated by dividing the floor area of their section by the total floor area of all sections in the scheme.

Sectional Title units also pay a 50% levy to the LCEOA. Free-hold properties consist of one property per erf, whereas Sectional Title properties contain several units per erf, resulting in unit owners contributing only 50%. LCEOA receives four 50% levies for each serviced erf in existing Sectional Title schemes.

We confirm the effective operations up to the present and remain determined in our commitment to uphold our duties in accordance with the Constitution and the Sectional Title Act (Body Corporates) to enforce Estate rules. We extend our thanks to every Resident who faithfully abides by these rules. We anticipate and rely on the co-operation of all Homeowners and Residents to achieve our shared objective of fostering a secure environment where families can live with a sense of belonging.

Our passionate and dedicated team is dedicated to providing comprehensive and efficient services to all our members. If you require any assistance, please do not hesitate to contact us, or visit our office at Lodge 5, Langebaan Country Estate.

Please ensure that you regularly update our offices with your contact details in the event they change to enable us to stay in contact with you and keep you informed of all notices, correspondence, and important matters.

# Creating an Eco-friendlier Home

Article Source: AkitaBox

Making sustainable, eco-friendly adjustments to your everyday operations can lead to substantial savings, potentially saving you hundreds, if not thousands, of rands each year. From water dispensers to window shades, there are countless ways, both big and small, through which your home can enhance its energy efficiency.

## Invest in Smart Lighting:

One simple method to enhance your home's energy consumption is by investing in energy-efficient lighting solutions. "Smart lighting" refers to high-efficiency lighting options, including energy-efficient light fixtures, automatic light dimmers, and lighting systems that connect to occupancy sensors, motion detectors, or daylight sensors. These solutions help automate your energy consumption by adapting to constant changes in occupancy and natural light. Retro-fitting outdated lighting is a great way to quickly see a guaranteed return on investment.

If you're on a tight budget, consider upgrading standard light bulbs to LEDs, which can last 15 to 25 times longer than traditional bulbs

## Reduce Water Usage:

Reducing your water bill is more achievable than you might think. Begin by installing low-flow plumbing fixtures in your home's restrooms, such as low-flow flush valves, sink aerators, and taps or mixers.

Grey water recycling is encouraged together with roof top rainwater harvesting to minimize the requirement to use potable water for irrigation purposes. Recycled water may be applied via an irrigation system as permitted by the existing garden irrigation policy. You may request the Grey water policy from the BCO office.

## Maintenance Plan:

Another way to make your home more sustainable is by instituting a preventive maintenance routine. Properly maintained equipment lasts longer and performs better, reducing waste and saving you money by minimizing equipment replacement and emergency repairs.

## Employ Energy-Saving Electrical:

Many homes overlook a significant energy cost known as "standby power draw." This term refers to the power consumed by electronics, even when they are turned off or in standby mode. Devices such as televisions, sound systems, computers, and certain chargers are culprits in this regard.

Standby power can cost you hundreds of rands each year? An effective way to prevent devices from consuming unnecessary power is by completely unplugging them, or use automatic shutdown sockets that cut power to devices when they are not in use. Another budget-friendly option is to plug devices into power strips with on/off switches, ensuring they don't draw power when not in use.

## Eco-Friendly Products:

Opting for eco-friendly cleaning supplies is an easy way to achieve greener results in your home. These products not only have a positive impact on the environment, with less runoff into water bodies and fewer harmful chemicals released into the air, but they also create a safer environment within your home.

*If you have any handy tips that you have implemented, we would love you to share them with us. Your handy tip can be featured in our Monthly Express Times Newsletter.*

*Email it to [marketing@LCE.co.za](mailto:marketing@LCE.co.za)*

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# Building Compliance Office Report

Cecile Botha | LCE Building Compliance Officer

With the ever-growing landscape of development, there's no shortage of activity and promise. With a keen eye on the housing market, we can update you with these figures to keep you up to date with what is happening on the Estate.

## Houses in Construction:

With construction booming, we have 42 houses currently in the works. Chardon Village have 26 houses under construction, while the rest of the Estate follows closely with an impressive 16 houses in various stages of development. These figures not only reflect the ongoing growth of the community, but also provides a testament to the dedication of the builders and the trust of those investing in their dream homes.



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VACANT STANDS		
Phase 1 & 2	Phase 3	Chardon Village
33	16	14

The Estate is growing at a healthy pace and I am sure that our Residents can attest to it. If you are looking to build, make any changes to your current home, or just to enquire regarding the construction on our Estate, feel free to visit us at the BCO Office. Happy Building!

# Get to Know Your Four-legged Friends Better

Nicolaas Hanekom | EcoImpact Langebaan Country Estate

The endangered Bontebok (*Damaliscus pygargus pygargus*) occurs naturally in the Fynbos and Renosterveld areas of the Western Cape. The Bontebok is a tall, medium-sized antelope typically standing 80 to 100 cm high at the shoulder and measuring 120 to 210 cm along the head and body. The tail can range from 30 to 60 cm. Body mass can vary from 50 to 155 kg (110 to 342 lb). Males are slightly larger and noticeably heavier than females.

It has a chocolate brown colour, with a white underside and a stripe from the forehead to the tip of the nose. The Bontebok also has a distinctive white patch around its tail (hence the Latin name). The horns of Bontebok are lyre-shaped and clearly ringed. They are found in both sexes and can reach a length of half a metre.

Bontebok was once extensively hunted and was reduced to a wild population of just 17 animals, but the species has since recovered. Bontebok are not good jumpers, but they are very good at crawling under things. Mature males form territories and face down other males in displays and occasionally in combat.

They are most active during the day (diurnal), but activity levels do drop during the hotter part of the day. During the heat of the day, Bontebok herds characteristically orientate themselves towards the sun with their heads bowed.

The social structure consists of territorial males, female herds and bachelor groups. The territorial males establish and hold a mosaic of territories, and they challenge intruders by displays to show their dominance.

Serious fighting between males is rare, but challenging males may engage in fierce pushing contests where they drop to their knees with their foreheads close to the ground and push and feint at each other, occasionally clashing or locking horns. These mostly ritualized encounters are usually short and the loser will give up and move off.

Males try to hold females within their territories by courting them. Female herds consist of a maximum of about 8 animals. Bachelor herds are much larger and looser groupings consisting of males of all ages from yearlings to old males. While they do move through territorial male areas, they normally avoid any challenges and simply move on.

Bontebok are grazers with a preference for shorter grass, but will occasionally browse.

The gestation period is about 240 days. Usually, single lambs are born but occasionally twins are born. At birth the lambs are pale beige to cream in colour and can run with their mother within 30 minutes of birth. Young males and females is pushed out of the heard by the territorial male after a year when the next offspring is born.



The Springbok (*Antidorcas marsupialis*) is a medium-sized brown and white antelope-gazelle of South Western Africa. It is extremely fast and can reach speeds of 100 km/h and can leap 4m through the air. The common name "Springbok" comes from the Afrikaans and Dutch words *spring/jump* and *bok/male* antelope or goat.

Pregnant females can smell rain (thunder storms) a 100km away and can move that distance just before birth in order to ensure that the young is born at a place where there will be plenty new green grass growth to ensure that the mothers have good quality milk.

The specific epithet *marsupialis* (Latin: marsupium, "pocket") derives from a pocket-like skin flap which extends along the middle of the back from the tail onwards. When the male Springbok is showing off his strength to attract a mate, or to ward off predators, he starts off in a stiff-legged trot, jumping up into the air with an arched back every few paces and lifting the flap along his back. Lifting the flap causes the long white hairs under the tail to stand up in a conspicuous fan shape, which in turn emits a strong scent of sweat. This ritual is known as stotting or pranking from the Afrikaans meaning to boast or show off.

Their colouring is a pattern of white, reddish/tan and dark brown. Their backs are tan-coloured and they are white beneath, with a dark brown stripe extending along each side from the shoulder to inside the thigh. The face is white in adults, with a dark patch on the forehead, and a stripe running from just above the eyes to the corner of the mouth. The hooves and horns are black, and the tail is white with a black tuft at the tip.

Rams are slightly larger than ewes, and have thick horns. The ewes tend to have skinnier legs and longer, frailer horns. The horns are, however, of similar shape in both sexes, with a hook-like tip that curves inwards, and a series of rings along their length. The average horn length for both genders is 35 cm, with the record being a female with horns measuring 49.21 centimetres. Springbok footprints are narrow and sharp and are 5.5 cm long. Springbok are distinguished from gazelles in that they only have two premolar teeth in each side of each jaw, instead of three, and therefore a total of twenty-eight teeth, rather than thirty.

Springbok are mixed feeders, switching between grazing and browsing seasonally. When grasses are fresh, they mostly graze. At other times, they browse on shrubs and succulents. Springbok can meet their water needs from the food they eat, and survive without drinking water through dry season, or even over years. Reportedly, in extreme cases, they do not drink any water over the course of their lives. Springbok may accomplish this by selecting flowers, seeds, and leaves of shrubs before dawn, when these foods are most

succulent.

Springbok are mainly active around dawn and dusk, although they may feed through the day in colder weather, or through the night at particularly hot times of the year. During the summer, they sleep in the shade of trees or bushes, although they often bed down in the open when the weather is cooler.

The social structure of the Springbok is similar to the Thomson's gazelle. Bachelor males and females form separate herds, although mixed sex herds are also common, with a roughly 3:1 female: male ratio. These groups are normally kept separate by territorial males, which round up female herds that enter their territories and keep out the bachelors. Females may leave the herds solitary or in groups to give birth. Mothers and fawns may gather in nursery herds separate from harem and bachelor herds. After weaning, female offspring stay with their mothers until new young is born, while males join bachelor groups.

Outside of the rut, mixed sex herds can range from as few as three to as many as 180 individuals, while all-male bachelor herds are of typically no more than fifty individuals. Harem and nursery herds are much smaller, typically including no more than ten individuals. The Dutch/Afrikaans term *trekboeken* refers to the large-scale migration of herds of Springbok seen roaming the country during the early pioneer days of South Africa before farm fences were erected. Millions of migrating Springbok formed herds hundreds of kilometres long that could take several days to pass a town. These are the largest herds of mammals ever witnessed.

Springbok make occasional low-pitched bellows as a greeting and high-pitched snorts when alarmed, but are otherwise relatively quiet animals.

Springbok mate year-round, although females may be more likely to enter oestrus during the rainy season, when food is more plentiful. During the rut, males establish territories, ranging from 10 to 70 hectares, which they mark by urinating and depositing large piles of dung.

Males in neighbouring territories frequently fight for access to females, which they do by twisting and levering at each other with their horns, interspersed with occasional stabbing attacks. Females wander between the territories of different males, rather than remaining in a single one for long periods of time. When one approaches a territorial male, the male holds his head and tail out horizontally, lowers his horns and makes a loud grunting noise to attract her. The male then urinates and sniffs the female's perineum. If the female is receptive, she also urinates, and the male makes a flehmen gesture and taps her leg until the female either leaves or permits him to mate.

Gestation lasts 168 days and results in the birth of a single calf, or, rarely, twins.



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## Estate Manager's Corner



Noel Minnaar | LCE Estate Manager

I'd like to extend our gratitude to our Residents who adhere to the LCE House Rules. It's important to emphasize that all Property Owners are also members of the LCE Owners Association. Essentially, this means that, along with the chosen management team, all members should also take on the responsibility of assisting in management. We, the OA team, are committed to serving and ensuring that we consistently provide an exceptional lifestyle offering. We thank all those Residents who support and assist us in challenging and sometimes seemingly impossible tasks. At times, we must deal with difficult and complex situations where there are no easy answers or solutions, and many of these tasks take time to resolve. One way in which Residents can assist is by reporting non-compliance or incidents directly to the Estate Manager's office, the Security

Manager, or the Mobile Response Vehicle. Our House Rules are in place to protect and enhance life on the Estate. It is the OA's responsibility to ensure that members adhere to these rules. If any member disagrees with these rules, they are welcome to make written suggestions to the Estate Manager. Estate Management cannot alter or change any rule, so it must be submitted to the Trustees for consideration.

The Wildlife on the Estate has provided us with a sense of living within a nature reserve. The Springbok numbers have increased significantly, and according to our Game Committee, the program to reduce their numbers will commence at the end of November. The Bontebok are spectacular and they, along with their offspring, attract a lot of attention.

I would like to make an appeal to Residents not to encourage the feeding of Wildlife, especially the birds. All animals and birds should feed in their natural habitat. Feeding them can make them dependent on humans as a source of food, and they may become unable to survive on their own. Wild animals have specialized diets and can become malnourished or die if they are fed the wrong foods.

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# Tikka Earth Nursery - Welcome!

Elton Smith | Tikka Earth Nursery

Caring for plants is widely recognized for its positive impact on one's mental health and well-being, as well as tending to a garden. Adding to the offerings at Langebaan Country Estate, we proudly introduce Tikka Earth Nursery.

Elton, a long-time landscape contractor at LCE, fulfilled his dream of establishing a plant nursery on the Estate. Seizing the opportunity with enthusiasm when the purpose-built Nursery became available, Elton created a Plant Nursery for the LCE Residents and Home Owners.

"It's our passion to propagate, grow and sell plants, supporting the indigenous West Coast flora and contributing to the unique biodiversity of our home."

The nursery, conveniently located near the Building Compliance Office, provides affordable plants, compost, potting soil, bark and stone. They regularly offer specials and provide free delivery to LCE Estate Residents. They also make it easy for WhatsApp users to order by posting photos and specials on local groups for doorstep deliveries.

Our current trading hours are Thursdays and Fridays from 9 am to 3 pm and Saturdays from 9 am to 1 pm. We encourage your support or simply drop by for a friendly chat and some expert advice.

Elton and the Team



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## Climate Change and the West Coast

Darryl Dreyer | iSA Enviro

As I gaze out at the ocean in the bay, appreciating the glimmering lights reflecting off the water, savouring the sea air and listening to the seagull as it calls out, it allows me to reflect on this West Coast, which I call home. The natural beauty here stands in contrast to the sight of ships docking in the port and the major industries in the distance. As an environmental educator, I am well-versed in terminology such as sustainable development, climate change, climate change mitigation, and climate change adaptation. These are clever phrases, but what do they truly mean? The narrative surrounding climate change can be rather negative, filled with impending doom and disasters. The question that arises is, "What does the future hold for us?" Will this beauty in front of me continue to exist in all its splendour?

If you have visited the West Coast Fossil Park, you learn about a West Coast that was once inhabited by majestic animals in a sub-tropical paradise before it transformed into the West Coast we know today. This semi-arid region was shaped by the Benguela current that began many, many years ago. It altered the climate and the landscape, leading to the extinction of many species we may never know about. Climate change has a history in our region.

Examining our present, our towns carry a proud heritage and culture influenced by our natural environment. We make our living from the sea, work in our fields and spend our leisure time enjoying what it has to offer. Nature is deeply ingrained in every aspect of our lives.

When we speak of sustainable development, we understand that we are a part of the ecosystem. We can pursue our ambitions without jeopardizing



our future and the future of generations to come. The simple act of creating a garden does more than just enhance the beauty of a house; it also encourages life. From insects making it their new home to duikers coming to feed on the lush plants we've provided. As Khalil Gibran says, "Love made visible." The installation of JoJo tanks and the fitting of solar panels on our homes are part of climate adaptation. The Spek boom and the trees we plant will absorb carbon, just like many other plants, contributing to climate mitigation. We don't need to understand all these complex terms. What's important is that our simple actions are making a difference. With challenges come opportunities, and at LCE, we are making a positive impact.

## Security Update

Securing our Estate and enhancing the standard is a collaborative effort. We once again urge our members to make use of their alarm systems and connect them to the control room of our security service provider. An accessible panic control button should always be available. If you ever feel threatened or even fall ill, the panic button could be your lifesaver.

Our Visitor Access Management System has been installed at Gate 2 and successfully tested. We are pleased with the system, and it can now be extended to other access gates. All visitors and service providers will receive a personal access code. The goal is to ensure that no one can enter the Estate without a valid code. The installation of an inverter system with an 8-hour battery backup will ensure that the access control continues to function even during severe Eskom power outages.

The next phase of enhancing the safety and security of our perimeter fences through the installation of a concrete under-dig and

surveillance cameras is currently in progress.

The Hello Visitor Access Management System will allow the Resident to generate a unique personal access code (PAC) for their visitors or guests from either a cell phone, laptop or desktop to ensure the ongoing safety and security of our Residents and Members.



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# Badisa West Coast: Breaking Vicious Cycles

Prevention is always better than cure.

With prevention projects and early intervention as soon as problems emerge, child neglect and abuse, as well as the sexual assault of children on the West Coast can be reduced.

According to the local child protection organisation, Badisa West Coast's latest annual report, prevention and intervention strategies should be given greater attention, since this will reduce the need for statutory services.

Badisa West Coast has a Service Level Agreement with the Department of Social Development that stipulates the services provided by its program. The organisation provides services in Langebaan, Vredenburg, Velddrif, Saldanha, Langebaan, Green Village, and surrounding farms in the area.

**The removal of children from their parents is the very last option.**

The 2022/23 annual report sheds light on Badisa West Coast's statutory services which include the removal of children from dangerous situations, as well as the placement of these children in alternative care.

Foster parents and safety parents are trained for this purpose while guidance and assistance are provided to biological parents to help them improve their lives to create a healthier and safe environment for their children. Eventually, a child can be reunited with their family, provided the parent's circumstances and lifestyles changed for the better.

According to Elsabé Bester, the social services manager of Badisa West Coast, it is always better to keep a child in his family, unless there is no other way. Removal is the last option.

In the previous financial year, Badisa West Coast placed 26 children in alternative care, while services were rendered to 206 children who have been in foster care for an extended period of time. A total of 166 investigations were completed to determine whether children were neglected, sexually assaulted, or abused and 92 family reunification services were provided to biological parents and children. Therapeutic services were offered to 206 children and their families, parental guidance was given to 108 parents, and 32 foster-parent couples or safety parents received training.

A total of 1308 children were served in the 2022/23 year.

**Early intervention is key**

According to Heidi de Jager, a social worker at Badisa West Coast who specialises in early intervention programs, one of the biggest challenges on the West Coast is trauma, poverty, drug and alcohol abuse, as well as poor parenting skills that are passed on from generation to generation. The cycle must be broken by giving children the tools and skills to make better life

Trish Goosen | Badisa West Coast



decisions.

One of Badisa West Coast's life skills programs that bring measurable and positive results in children's behaviour, attitude and values is already moving mountains at primary schools situated on the West Coast.

The results of this program have proven to be very positive in changing the behaviour, attitudes and values of kids who were identified as children who were exposed to domestic abuse or neglect and who are, as a result demonstrating risky, dangerous, or disruptive actions at school.

The behavioural modification techniques used in our program include Cognitive Behavioural Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Social Skills Training, Empathy Training, Self-management, Desensitization, Progressive Muscle Relaxation Therapy, and Multimodal Therapy.

The most exciting outcome of this program is the fact that these children, who were formally known for their disruptive behaviour, become learner leaders and an example to their peers by living out their school's code of conduct. They also become pioneers for Badisa West Coast at their school to introduce our child protection services to other children in a child-friendly way.

Please help Badisa West Coast in its effort to transform the distraught and traumatized communities of the West Coast from its state of lack, poverty, addiction and mere survival, into a thriving society where healthy families form the foundation of successful, fulfilling lives. When people work together on a common goal, they can achieve things beyond their greatest imagination.

Badisa West Coast's government subsidy only covers 25-30% of the organisation's total expenses. Please consider contributing financially to this worthy cause.

Feel free to send an e-mail to [admin@badisawk.org.za](mailto:admin@badisawk.org.za) / [marketing@badisawk.org.za](mailto:marketing@badisawk.org.za) or call 022 713 1723 if you are interested in getting involved in Badisa West Coast's projects or in supporting the projects financially.

## Harcourts

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Robin-Leanne



## LCE Half Marathon 2023

Christopher Rodgers | LAC Athletics Club

The 3rd Langebaan Country Estate Half Marathon took place on Saturday the 21st of October 2023. The event was organised by Langebaan Athletics Club.

Runners from all walks of life participated in this year's races. There was a Half Marathon, 10km run and 5km fun run/walk. We had well over 600 participants this year and we can see the interest in this well-organized event growing annually. Langebaan Country Estate is the perfect setting for this event, with runners utilizing its resources to full use.

The event kicked off at 7am in the morning with the Half Marathon, the 10km a half an hour later and the 5km race at 8am. The route for the 2023 Half Marathon was quite a setting! It included the backroads of Langebaan, past Shark Bay and into the West Coast National Park. The route back included the infamous "Black Mamba" which is quite a conquest if you are doing it for your first time. Due to its popular demand, we included the "Black Mamba" in the 10km race as well. It was thus the perfect scenic setting with the Lagoon in the background.

We had well stocked water points and we want to thank Nedbank, Seeff Properties and the teams from Langebaan Athletics and Langebaan Country Estate for keeping the runners hydrated and energized. We received great compliments for



the well-organized event and we want to also thank all the marshals along the route for their professionalism and enthusiasm in guiding the runners.

the well-organized event and we want to also thank all the marshals along the route for their professionalism and enthusiasm in guiding the runners.

The winners of our main event, which was the Half Marathon, walked away with R3000 each. The first male over the line was none other than William Kaptein, who is fast becoming one of Cape Town's top Half Marathon athletes. He finished in a new record time of 1:09:31. This time is going to take some beating!! The first female over the line was Busisiwe Matiwane from the Nedbank Running

Club in a new record time of 1:42:46. We want to congratulate both Kaptein and Busisiwe and trust that they will come back to defend their titles next year.

We also want to do an honourable mention of the runners from the Langebaan Athletics Club who won both the first prize in the Male and Female categories in the 10km and 5km races. Well done Lorenzo Pieterse and Ashali Pholman in the 10km race and Breyton De Bruin and Angel Pholman in the 5km race.

Great thumbs up to our main sponsor Langebaan Country Estate for their unwavering support to make a difference in the lives of our young kids. We are looking forward to an even bigger event next year and hope to see you there!



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# LCE is the place to be

Fasweya Williams | LCE Clubhouse Manager

The Clubhouse, a versatile venue nestled on the West Coast, is known to host groups ranging from 10 to 250 visitors daily. While our location may not be beachfront, the breathtaking golf course view, coupled with the Lagoon-view at the back, is sure to leave you breathless, especially as the sun sets. Embracing a richness of natural light through open windows, our scenic golf course view sets a charming backdrop.

The Horizon Restaurant, is the perfect venue for hosting a variety of events, including luncheons, receptions, meetings, and entertainment. Our top floor offers ample room for relaxation before or after a round of golf. A fully stocked bar awaits with an impressive assortment of beverages, and our in-house cost-effective bar specials are designed to satisfy your thirst with every round. Indulge in the comfort of our homemade food, available with complimentary delivery to all Residents on the Estate. The Lounge, a fantastic seating area, invites you to watch your favourite sports teams in style. Join us every last Friday of the month for our month-end braai with live entertainment, South African Style - a guaranteed "jol."



It's important to note that our doors are open to the public seven days a week, dedicated to serving all West Coast patrons and those from a far. Whether you're looking for a breathtaking event venue, a relaxing post-golf retreat, or a lively gathering spot, The Clubhouse awaits with open arms to exceed your expectations. Come experience the essence of West Coast hospitality!



# Bowls: Rolling to New Heights

Eddie Bremner | LCE Bowls Club



In the past year, our club has welcomed numerous new members, propelling us to the position of the second-largest Boland club, just behind Hermanus. Our growth is primarily attributed to newcomers in town who are new to bowls, leading to a considerable demand for coaching from our dedicated coaches.

This remarkable growth is only possible due to us having a second Green, enabling us to accommodate more bowlers. It is worth noting that when comparing our annual subscription fees to clubs across the country and the support provided by our CEO, we remain one of the most cost-effective options for enthusiasts of our favourite sport.

We take immense pride in the contribution of our LCE Bowls members who actively serve and support the West Coast and Boland Bowls Executive Committees. These dedicated individuals include Tom Tromp, Boland President; Wilhelm Kroon, West Coast Match Secretary; Tina Rowan, Marketing and Development Officer for Clubs; Ian Rice, West Coast and Boland Men Selector; Ann Tromp, West Coast and Boland Selector; Kyle Stemmet and Eddie Bremner, West Coast Men's Selectors; and Terry Hepworth, who contributes to West Coast, Boland Greenkeepers, and BSA Standing Committee.



Additionally, we celebrate the achievements of several of our members who have been selected to represent the 2024 Boland inter-district teams. These talented individuals include Pam Beer, Gill McCalgan, Josie Jones, Leonie Viljoen, Leon Beer, and Carl van Eck. Furthermore, we have promising young players in Jade Kruger and Waldo, who have shown exceptional skills in Boland Junior Tournaments and have promising futures in the world of bowls.

Our club proudly has many skilled players who excel not only in competitive bowls, but also in the area of social bowls. With our expanding membership, our coaches have devoted countless hours to training new bowlers. We are fortunate to have a dedicated group of coaches, possibly the largest in West Coast and Boland, who continually impress with their dedication to mentoring and coaching.

Furthermore, LCE hosts a successful online Joker competition on behalf of West Coast Bowls to raise

crucial funds to support West Coast inter-district players and other deserving causes in the region. Among our club competitions, the Green2Green competition stands out as a favourite event, held annually to commemorate the opening of our second Green. This year, both greens reached full capacity with 84 players, setting a club record. The "Brats" emerged as the champions, but it's noteworthy that some of them will soon transition to the "Golden Oldies" category. As younger players join, we anticipate a drop in the average age, creating more "Golden Oldies."

The club's facilities are a constant focus, and we're grateful for the main club's recent upgrade to LED floodlights, greatly enhancing our evening night bowls experience. Additionally, we're planning a project to upgrade and reconfigure the interior of the Bowls clubhouse, including removing the wall separating the clubhouse from the patio and enclosing the patio with sliding doors to accommodate our growing membership. Our second Green has been a game-changer, allowing us to continue playing year-round without the annual month-long closure for green maintenance. This also allows our social bowlers to enjoy one Green while the second is used for Boland competitions.

A crucial role in maintaining our greens has been played by our Greenkeeper, Klasie and his assistant, Lionel. Over the years they have done a wonderful job keeping the critical bowlers happy and always coming up with a plan to ensure we have an excellent green on competition days.

We extend our gratitude to LCE CEO Craig Scott, Bob Parry, our Golf and Bowls Director, and the dedicated LCE team, who provide invaluable support when needed.

In conclusion, the Bowls Club is doing exceptionally well, cementing its position as the club of choice on the West Coast. With the ongoing influx of people relocating to the area, we eagerly anticipate welcoming many more new members in the future.



# Conferencing at LCE

Langebaan Country Estate is offering businesses a fantastic discount on conferences with 2022 rates! Value for money and excellent service. The 450 hectare eco Estate offers something for everyone. We offer activities & catering shaped to your group, vision and pocket. Here is a link to our website where you will be able to download relevant information: [www.LCE.co.za](http://www.LCE.co.za)

Our conference venue offers you the choice of two venues, seating up to 20 and 100 people respectively. Both conference rooms are fully equipped with a projector, pull down screen, white boards, flip charts and all other services to host your conference.  
Full day rate: R465 per person.  
Half day rate: R425 per person.

Conference Room Capacity					
	Cinema	Banquet	Boardroom	School Room	U-Shape
Frank Roberts Room	100	70	36	70	30
Owen Wiggins Room	20	-	10	10	15

# Chatting to Bob

Bob Parry | LCE Club Liaison Manager

**When did you start working at LCE and what do you do?**

2008, employed as Golf Director and still filling the shoes 15 years later.

**What do you find most challenging about your position?**

The Members, Bless them!

**What might someone be surprised to know about you?**

I passionately enjoy spending time in the garden.

**What is the greatest lesson you have learned working at LCE?**

People Skills.

**If you could choose a superpower, what would it be and why?**

To identify what women want - haha! I would be a step ahead of most blokes.

**What is the funniest thing to happen since you started working at LCE?**

Willy de Kwaadsteniet (LCE Golf Member and gentleman of note) trying to find his ball on the 10th fairway, when he'd forgotten to hit his tee shot in the 1st place.

**What do you wish other people knew about LCE?**

It is such a friendly club to be a member at.

**How would someone describe you?**

This is wishful thinking, perhaps, but I would be delighted with compassionate.



**What do you do when you are not working?**

Relaxing with the Mrs, in our back garden with a glass of wine.

**What was your first job?**

Audit Clerk.

**Who or what inspires you?**

Sportsmen, who strive for titles, rather than cash reward.

**What would you tell your 21-year-old self?**

Don't get married the first time.

**Best advice ever received?**

Give a 110% and the rest will take care of itself.

# Walk for Recovery: Healing Lives



Ruth MacPherson | Heavenly Haven Retreat

National Recovery Month increases awareness and understanding of mental health and substance use disorders and encourages individuals in need of treatment and recovery services to seek help. Recovery Month celebrates individuals living lives in recovery and recognizes the dedicated workers who provide the prevention, treatment and recovery support services that help make recovery possible.

“Recovery is for Everyone: Every Person, Every Family, Every Community” This statement reminds people in recovery and those who support them, that recovery belongs to all of us. We are all called to end gatekeeping and welcome everyone to recovery by lowering barriers to recovery support, creating inclusive spaces and programs and broadening our understanding of what recovery means for people with different experiences.

Our aim is to also educate people that there is always hope for recovery and that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. “Meeting people where they are at” translates into acknowledging their unique experiences and needs. Simple events like this can provide the encouragement needed to keep our community healthy. Our “I” must become our “We”.

If you would like to be part of this historical event in 2024 please visit our Website [www.walk4recovery-wc.co.za](http://www.walk4recovery-wc.co.za) or call Ruth on 060 305 4590.

It takes a community to care of its most vulnerable members.

Hubert Humphrey famously said” One of the true measures of a society is how it treats those who cannot speak for themselves, including those who are in shadows of life, the sick and the needy. Heavenly Haven Retreat is a community-based, non-clinical setting that is safe and welcoming. One of the fundamental concepts at Heavenly Haven Retreat is “you can do it, but can’t do it alone”.

Heavenly Haven Retreat hosted the Walk for Recovery on the 30th of September 2023 and we would like to thank all our participants and sponsors.

**Our Objective for this Walk**

September is observed as National Recovery Month and is marked by Walks across the globe. The Walk for Recovery is an essential community event which is used to model hope and break the stigma of addiction.



## Turn Your Dream Day Into a Magical Moment

Fasweya Williams | LCE Clubhouse Manager

The journey to your wedding day is an exciting adventure which should culminate with an event that is a true reflection of who you are as a couple.

With a variety of options for your wedding day, we know every couple is unique, thus we provide individualized wedding packages to ensure everything on your special day reflects your style and preferences. Our in-house wedding

coordinator will work with you every step of the way to turn your dream wedding into a reality.

We look forward to being your right hand on your incredible wedding journey and when it all comes together, the results will be spectacular and uniquely you. For more information or enquiries please send an email to [CATERING@LCE.CO.ZA](mailto:CATERING@LCE.CO.ZA) or call us on 022 772 2112.



## Building Towards the Future of Golf

Bob Parry | LCE Club Liaison Manager

After pondering long and hard with regards to The Range and Mashie Langebaan and potential articles on both, I decided to combine, having suddenly got inspired and go back a decade or so to reminisce about some of my experiences at those facilities.

The original philosophy was that young kids approaching puberty, with notoriously short attention spans, could be taught the rudiments of the game, but have fun and burn some energy at the same time at no cost to parents. Parents I am sure will still be happy with that idea! Therefore, fostering the initial interest of young kids so they get “the bug” and the desire to improve kicks in as the months go by. The intention was that they move on from chipping and putting to pitching. Having developed an acceptable level of proficiency there, they move on to buckets of balls and the development of their long game. Growing quickly as they do Mashie Langebaan’s first nine gives them the opportunity under continuing supervision to acquire etiquette and course

management skills. The Mashie Schools League is brilliant for this! Then onwards and upwards to Mashie Langebaan’s longer second nine before starting to play the championship course on the Estate.

That idiom has paid dividends over the years with youngsters like Grant Goliath, Lucine Warnick, Kayla and Lee Ann van der Merwe. The former two now working in the industry with us and the latter both LCE Ladies Club Champions! Fantastic. However, there is a “silver” lining with my combined subjects as both have encouraged, shall we say the more mature to get involved. The Range and Mashie Langebaan are the perfect places to escape for families and anyone looking for a fun time out in the sun. If you haven’t been there, it is a must.

Have a fantastic safe and healthy 2024, may the rest of the year bring you success and keep up the practice!

*Thank you so much for the amazing weekend. Myself and the team had a great weekend away. Compliments to the staff and Langebaan Country Estate, definitely a 5-star experience.*  
-Jason Townes

*Many thanks for everything you guys did for our Slappers Golf Tour last weekend. It was another great success and we all had a great time. As always, the course, accommodation and catering were top notch.*  
-Chris Mugno

## The Queens of Golf

Debbie de Wet | LCE Ladies Golf Captain

As the Ladies Captain, one of my primary objectives is to foster open communication and collaboration among our members.

Our ladies’ section has experienced significant growth over the past few years, with new members joining almost every month.

Tuesday mornings are dedicated to our ladies’ competition day, with approximately 25 participants engaging in various formats. We constantly seek opportunities to increase this number. I extend an invitation to all available ladies to partake in the fun and laughter of our

Tuesday golf events.

Once a month, we host a “Bring A Friend” day, which has gained immense popularity. We extend invitations to golfers from the surrounding areas and our men’s section to join in the festivities. Additionally, on a monthly basis, we organize a “Braaiette” (play and braai) day, during which we fully enjoy the hospitality of our club’s restaurant and bar.

Our strong group of ladies actively participates in the Boland league and inter-club games. Annually, our Ladies Open event is a resounding

success, drawing significant participation and raising funds for local charities.

We proudly celebrate the accomplishments of Rene Liebenberg, Kyla, and Lee-Anne van der Merwe, who participate in both National and Regional competitions. Their achievements bring immense pride to our ladies’ section and the Langebaan Golf Club.

In conclusion, I take great pleasure in working with our ladies and am committed to making our club a place where every member is valued and appreciated.

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# Buying from the Pro



Bob Parry | LCE Club Liaison Manager

resigned to letting off course have the business, as there is little stock holding.

On course can rarely compete on floor space and variety of product, but with attention to detail, ranging and a good, better, best philosophy can provide a worthy and qualified platform of advice and compassion to the discerning golfer. I have always believed in the old strap line "Golfers who know buy from their pro"

One thing for sure is that as professionals we know your game. We may have given you a lesson, played a round of golf with you, watched you tee off the tenth, practice or even just chatted away, thereby investigated, in the shop. Also, we see you week in week out, so are very conscious of selling you the right product to improve your game, not wanting to take the wrap for not doing so. We encourage custom fit and try before you buy for the more established golfer. To that end, keep an eye out in the electronic newsletter, or ask the pros for details of days when we have representatives of leading manufacturers present, custom fitting demonstrably better equipment so you can enjoy this amazing game more.

Looking the part is not difficult as our variety of quality clothing and accessories are worth considering a look at least.

Play well, play hard and most of all enjoy the game at our fine establishment always remembering this is your professional's shop. Your centre of free advice.

It is often said by golfers, I am proud to say, that we at Langebaan Country Estate have a fantastic Professionals Shop. Retailing is not an exact science, so I am sure there will be those who disagree. However, I take solace from the fact that in my observations, as the one who manages the outlet, when visiting other golf clubs and estates, predominately in the Western Cape admittedly, one can be disappointed, as they look



# Getting Schooled

Peter du Toit | LCE Mens Club Captain

We eagerly look forward to our weekly gatherings on the golf course. Every Monday, we extend a warm welcome to approximately 30 golfers who eagerly participate in the competition. Our Wednesday group, which is known as the Wednesday School, is continually growing and proudly boasts an average of around 70 golfers on a weekly basis. While the remarkable turnout for these weekly competitions is a testament to our lively community, it also prompts the need for reinforcing certain rules.

A particular challenge we've identified during our Wednesday Competitions revolves around ensuring that golfers adhere to the correct procedures. The journey from submitting scores on a single card to reinstating proper rules posed initial difficulties, but the adjustment is steadily progressing.

Another noteworthy challenge involves ensuring that players accurately complete the information on their scorecards. The decision to disqualify individuals with incorrectly filled scorecards has proven to be a successful measure in maintaining fairness and accuracy.

On a positive note, a significant stride forward was achieved by eliminating Ladies and

Gentlemen's tees. Instead, we now offer a diverse range of options, including red, blue, white, and yellow markers for players to choose from. This transformative change not only allows some golfers to play from tees that were once inaccessible, but has also served as a motivating factor for players to continue participating in the game. Equally, it has attracted more individuals to take up golf, and witnessing these changes firsthand is truly inspiring as they contribute to the overall growth of the game.

In recent times, our community has celebrated the success of the Reciprocity Challenge against Durbanville and the annual Hout Bay challenge, both of which were not only highly enjoyable, but also triumphs in fostering camaraderie among our members. The positive energy originating from these friendly encounters is a tremendous boost for the spirit of the game.

For those seeking a delightful day out filled with camaraderie and the opportunity to make new friends, I encourage you to join us for our weekly gatherings on the course. The blend of competition, camaraderie and positive changes, is what makes our golf community truly special.



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# President's Corner

Jimmy Cook | LCE Golf Club President



you to Klasie van Eyssen and his team for all the hard work.

As we near the end of 2023, we still have a few great competitions before Christmas, The FEARless Cup, The President Cup - Presidents Team v Captains Team, The Mynhardt Dames Memorial 36 Hole Classic. Enjoy - I am going to! Our Clubhouse has gone through a period of revamping which really has made a huge difference and looks fantastic - a big thank you to developer Craig Scott for this.

Your Pro Shop is well stocked, won't lose business on price and will always try hard to oblige and find items that are not in stock. The Halfway House provides excellent, friendly service and you can select a great variety of foods.

Wishing all readers well and a Happy Festive season as we head into 2024 with lots of great golf.

Yours in golf,  
Jimmy Cook

The year of 2023 is coming to a close and we have been blessed again as far as golf at Langebaan Country Estate goes. No fires, no floods, lots of beautiful golf weather and a course that is in great condition. Thank

# Greenkeeper's Report

Klaas van Eyssen | LCE Greenkeeper



I am sat penning my input for the upcoming Estate Times feeling happier than of late with my golf course. The Winter weather has been kind, providing plentiful rain for a decent flush through of all the nutrients and residual chemicals left by the non-potable municipality water, that keeps the course alive for nine months of the year. I am constantly checking the inconsistent quality of the latter, to try to avoid going backwards from the current course condition, which I am pleased and relieved to say, is getting positive complimentary reviews.

The return of the greens to their original design size with quality surfaces is practically completed and having met and taken advice from the course designer we are going to embark upon a programme of overseeding with bent grass. The general consensus during the consultation was this will improve the consistency of the roll and avoid seasonal transitional periods of bumpiness.

All the bunkers have been renovated, some with French drains installed as well. I must say improving definition and playability quite markedly. In some cases, of course, ridding the eye of unpleasant residual water lying still, early in the

morning, in most cases.

You will have noticed I am sure our improved pathways with curb stones controlling traffic. This means less wear and a cleaner look. The post and rail fencing project has been enhanced during the winter, a better deterrent for trespassers in our out of bounds rehabilitation areas.

Next up could be very exciting, with the proposed introduction of a water hazard rather on the fourth hole, replacing the large waste area on the left, a hundred metres or so from the green. Plus, enlargement of our blue tee complexes, as statistically more golfers play the blue course.

Until next time have a fantastic season as my team and I strive for a quality facility for you to enjoy.



# Contact Us

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