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**AUGUST 2009: this August we muse over:** » email us » newsletter suggestions » unsubscribe

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- » Recipe of the month
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Visit the Pinelands Directory Website  
[www.pinelandsdirectory.co.za](http://www.pinelandsdirectory.co.za)  
for more local news and information

## Business Profile



### New Salon For Fables Hair Design

Fables has relocated to their new Salon on the Ground Floor at Howard Centre, next to the Pinelands Gents Hairdresser.

The bright new salon opened on the 4th Aug. Drop in and chat to Tony and his professional team. They offer a full range of hair styling services and stock a range of professional studio haircare products such as Goldwell, Technia, Biosense and Matrix. Be sure to enter the Fables competition on the Pinelands Directory web site before the 28th August, and win a cut and blow dry.

**Location:** Ground Floor, Howard Centre

**Contact:** Tony

**Tel:** 021 531 2087

[See More About Fables...](#)



### FotoFirst Pinelands has a new website on the Pinelands Directory

See their photo gallery highlighting the professional work they have done for their clients and the full range of services they offer from enlargements and framing to proofing, colourisation and scanning.

Besides the usual photo and print services, they will convert your old movies to DVD, professionally edit videos and photos of your events and provide a premium service for professional photographers.

Visit their new website at

[www.pinelandsdirectory.co.za/webs/fotofirst](http://www.pinelandsdirectory.co.za/webs/fotofirst) to see what else they can do for you.

## The Out & About guide



### Brad's Grill Winter Special

#### In-by-6-out-by-8 Special until 31 Aug

Brad's Grill has been a southern suburbs institution for the past 30 years. Their winter special menu has a number of tempting offers priced from R35 - R60 for Sirloin Steaks, Chicken Schnitzel, Calamari, Hot and Spicy Chicken Wings, Vegetable Spring Rolls, Spare Ribs and Lamb Shank. All served with two veg and a choice of chips, rice or baked potato

**When:** until 31 Aug - Order by 18:45

**Venue:** Brad's Grill, 69 Second Ave, Harfield Village

### The Clanwilliam Wild Flower Show

Clanwilliam opens its doors during the Wild Flower Show at the end of August.

Unique flora exclusive to the Clanwilliam district and Ramskop Nature Reserve will be showcased, raising public awareness on conservation issues and a new medicinal garden has been planted during the year. There will be music performances, art competitions for kids, hiking trails and trips.

**When:** 27 Aug to 2 Sep, 08:00 to 19:00 daily  
**Cost:** Adults - R20, Pensioners - R15, Children-R5

**Contact:** Esther on 027 482 2024 at the Clanwilliam Tourist Information Office  
[cederberg@lando.co.za](mailto:cederberg@lando.co.za)  
[www.clanwilliam.info](http://www.clanwilliam.info)



**NOORDHOEK**  
FARM VILLAGE

Winter Activities for kids

## Get Cookin!



### Oxtail Ragout: Serves 4

#### Ingredients:

- 2kg oxtail
- 100ml - 150ml olive oil
- 4 carrots - peeled and cut into thick slices
- 4 onions - sliced
- 4 cloves crushed garlic
- 2 stalks of celery - sliced
- 3 TBS tomato paste
- 2 tins white kidney beans
- 500g baby onions
- 100gms flour
- 1.5 - 2 litre beef stock or water
- 1 bottle red wine
- Bouquet garni - thyme, bay leaf & parsley
- 1 tsp sugar
- Chopped parsley

#### Directions:

**1** • Cut off excess fat from the oxtail. Heat the oil in a heavy saucepan/ casserole and brown the oxtail on all sides, remove from the pan. Brown the onions, garlic, celery & carrots in the same pan until soft.

**2** • Remove from the pan. Sprinkle the flour onto the oil & stir to form a roux. Add the tomato paste, beef stock & red wine to the roux. Bring slowly to the boil, put the oxtail and vegetables back in the pot. Add the bouquet garni, salt, pepper & sugar.

**3** • Cover the casserole with a lid, transfer to a slow oven - 160c & cook for 3-4 hours or until the meat is almost falling off the bone. Add the baby onions after 2 hours of cooking.

**4** • When the oxtail is tender, remove the meat & vegetables to a serving dish & bring the sauce to the boil. Skim off any excess fat & boil the sauce rapidly until reduced to the desired consistency. Warm the beans in the sauce. Pour the sauce over the oxtail & garnish with chopped parsley.

**Location:** Ground Floor, Howard Centre  
**Contact:** Marlon Abrahams  
**Tel:** 021 531 1916

## THE BUSINESS NETWORK

**Next Meeting – 26th August 2009**

The Business Network is a platform for entrepreneurs, business people and like minded individuals to learn, to teach, to market their business, to be inspired, uplifted and encouraged by the energy that is created at the Network, to share ideas and to help and promote those that attend. We know that if we help one another there will be enough for all.

**When:** 26 Aug 2009, 7:30 for 8 - 9:30am includes a light breakfast

**Venue:** PinelandsLibrary Hall

**Contact:** To receive an invitation to the next Pinelands Business Network please send an email to [pinelands@businessnetwork.co.za](mailto:pinelands@businessnetwork.co.za) or call 076 817 6192 (9am – 3pm)

[www.businessnetwork.co.za](http://www.businessnetwork.co.za)



### Voice your Ideas

#### Email us your suggestions...

What would you like to see on the MonthlyMuse and PinelandsDirectory website?



### Be Amused!

#### Out There



"Come on Vince... Google yourself and see if you're really as deadly as you keep telling us!"



### Timing is Everything!

#### Pinelands Library:

Mon 9:30-20h00 Thu: 9:30-17:30  
Tue 9:30-17:30 Fri 9:30-17:30  
Wed 12:00-20:00 Sat 9:30-12:00

#### Barnett's Pharmacy:

Weekday 8:30-20:00 Sun 9:00-13:00  
Sat 8:30-13:00 Pub Hols 9:00-13:00

#### Clicks Pharmacy: (Central Square)

Weekday 8:30-20:00 Sun 9:00 - 20:00  
Sat 8:30-20:00 Pub Hols 9:00-20:00

#### 15 Aug: Mittens and Scarves

Keep the cold at bay whilst custom designing your own mittens and scarves. Bring your own scarf to decorate with buttons, ribbons or glitter print and personalizing your winter woolies.

#### 22 Aug: Winter Wonderland

Celebrate winter by making edible snowmen or your own snowglobe! Bring a jar and a personal trinket to make a snow scene in a bottle. It's all about snow and the fluffy white stuff!

#### 29 Aug: Pizza Day at the Toad

Kids love to bake and get messy with pizza dough. Kids will learn to follow directions, roll out the dough, choose their toppings and understand what makes a pizza rise. Creative skills are involved in decorating their pizzas, with the added bonus of eating their own pizza at the end.

**When:** Every Saturday from 10h30 - 12h30

**Venue:** Noordhoek Farm Village

**Contact:** 021 789 2812

[www.noordhoekvillage.co.za](http://www.noordhoekvillage.co.za)

### Lindsey James and Friends Benefit Concert

Enjoy a variety of beautiful classical music and support local flutist Lindsey James in her effort to raise funds to study at the Royal Northern College of Music, Manchester.



Lindsey will collaborate with professionals and top performance students from the South African College of Music to produce a varied programme including works for flute, piano and guitar. Lindsey's musical career began at Pinelands Primary, and she thrived in the excellent music department at Pinelands High School. She graduated with distinction and numerous awards from UCT's South African College of Music last year and has been offered a place in the Masters programme at the prestigious Royal Northern College of Music in Manchester. Lindsey hopes to leave for Manchester in September but still needs to raise substantial funding. Please help her to take up this once-in-a-lifetime opportunity. Tickets (unreserved seating) are R80 and R45 for senior citizens, students, children and are available at the door, or contact Lindsey to book.

**When:** Wed 19 Aug, 20:15 - 22:15

**Venue:** Baxter Concert Hall, Main Road, Rondebosch

**Contact:** Lindsey - 084 266 4855

[lindseyjames@webmail.co.za](mailto:lindseyjames@webmail.co.za)

**Recipe by:** Clare Bock of [Appetite Catering](http://Appetite Catering).  
**tel:** 021 689 8547 **c:** 082 412 7211



**a p p e t i t e**  
*celebrate the senses*



### Adopt-a-Pet

**Help find these pets a loving home:**

#### ★ Pee-Wee (Female Tort. Shell- 5 Months)



I just a hoity-toity kind of girl, who would love to be part of your world. I'm very affectionate, loving & a real lady.

#### ★ Kyle (Male Turkish Van - 2 Years)



I'm fat, furry & fabulous & would love my own home. Turkish Vans are the only breed that enjoy bathing! (I'm neutered)

#### ★ Nakita (Female Maltese - 2 Years)



My favourite place to be is in your heart & on your lap! Come & fetch me & make my dreams come true ... you won't look back!

#### ★ Tara (Female Maltese - 2 Years)



My sister, Nakita (above) & I may look like night & day but like her, I love to play, I'm sparkly & fun, & I crave lots of attention.

**See adoption details below:**

#### Contacts:

**Address:** 90 Bofors Circle, Epping 2

**Email:** [jolenne.laughton69@gmail.com](mailto:jolenne.laughton69@gmail.com)

**Tel:** 021 534 6426

**Web:** [www.animasure.com](http://www.animasure.com)

#### Adoption Fees

(incl. micro-chip, sterilization & vaccination)

• **Cats & Kittens :** R200

• **Large Dogs:** R470

• **Medium, Small Dogs & Puppies:** R400

#### Not looking to adopt but would like to help?

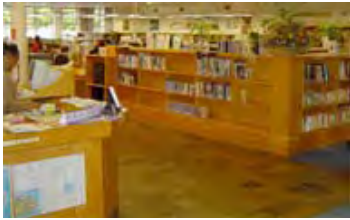
The Animal Anti-Cruelty League are always looking for **reliable volunteers** on a daily basis!



### Pinelands Library Goes Online

#### Visit the Pinelands Library website hosted on the Pinelands Directory!

On the site you will find details of the library services, times, new books and much more. The library is also looking for avid readers or book clubs to provide short reviews of their new books for other readers. If you can help please do contact the librarians.



Visit the new site at [www.pinelandsdirectory.co.za/library](http://www.pinelandsdirectory.co.za/library)



## Pinelands Ratepayers News



**The Pinelands Residents and Ratepayers and Residents Association has a new home on the Pinelands Directory!**

You will also find sites for The Community Policing Forum, Neighbourhood Watch and Pinelands CID Application. The PRRA invites you visit and give them your opinion on issues affecting Pinelands. Vote on issues, leave your comment and read up on current issues

Visit the website at [www.pinelandsdirectory.co.za/prra.php](http://www.pinelandsdirectory.co.za/prra.php).



This month we will also be launching a "Councillor's Column" on the Pinelands Directory for news and reports from our local councillor, Brian Watkyns.