



FEB 2010 / This month we muse over:

» email us » newsletter suggestions » unsubscribe

- » Business Profiles
- » The Out & About Guide
- » Adopt-a-Pet

- » Recipe of the month
- » Pinelands Library Online
- » Pinelands Ratepayers News

Visit the Pinelands Directory Website
www.pinelandsdirectory.co.za
 for more local news and information

Business Profile



Treat Your Valentine to a Sublime Skin & Body Special Package

Sublime's special package for R350 includes
A Luxury Facial
A Mini-Manicure
Delicious Chocolates

contact Cheryl at 021 531 4860 or click for more



And...

Enter the Sublime Competition on the Pinelands Directory Website

Win a Facial and Skin Analysis valued at R300 sponsored by Sublime

[more details...](#)

Pinelands Property Showcase Is Now Open



The easy way to sell, rent or find your home in Pinelands has opened on our website. Showcasing your property is very affordable and convenient. Pinelands and Thornton are the main focus. Agencies & private sellers are both welcome. We have packages to suit both.

[Visit the Pinelands Property Showcase](#)

[download a brochure with details and pricing](#)

contact us at 073 644 1288 or info@pinelandsdirectory.co.za to show your property or promote associated services

Howard Centre Update



[Visit the Howard Centre website on the Pinelands Directory](#)

We're busy improving the store directory to bring you more information on your favourite stores. We aim to have Howard Centre website spruced up by the end of month.

IM/FM Solutions

The Complete Management Consultancy



Supply Chain • Inventory • Financial Management Experts

We organise your company systems for maximum return to you.

[more details...](#)

Merrypak



Merrypak is a real treasure trove for art & craft, scrapbooking, gift wraps, party and event goodies and general packaging supplies. You can also enjoy a light meal or breakfast in their coffee shop.

Visit them at 45 Morningside Road, Ndabeni or see their website

[more details...](#)

The Cape Province Dog Club



Classes are run every Saturday afternoon at Pinelands Primary School, Central Square, Pinelands. We welcome all shapes, sizes and breeds of dogs. Feel free to pop down to our club any Saturday afternoon to watch.

The Club offers a range of classes and courses for dogs of all breeds and cross breeds including: Puppy Socialising, Beginners Course, Clicker Training, Home Obedience Classes, Working Trails, Ringcraft, Competition Workshop, Agility, Flyball, Junior Class and Good Citizen.

[more details...](#)

Share Your Stories And Pictures With Us On Our Website



Got an interesting picture, story or idea? Send them to us at info@pinelandsdirectory.co.za

We'd love to share them on our website www.pinelandsdirectory.co.za

[more details...](#)

The Out & About guide



Old Mutual Summer Sunset Concerts at Kirstenbosch Every Sunday

Enjoy a lazy summer afternoon each Sunday listening to SA's favourite musicians on the Kirstenbosch lawns.

- 7 Feb: aKING
melodic pop-rock band
- 14 Feb: Jamali and Friends
the all girl group with the hot sound
- 21 Feb: Just Jinjer
contemporary rock outfit
- 28 Feb: Prime Circle
SA's premier rock band

When: Sundays 5:30pm - 7pm
 Cost: Adults: R95, Scholars:R80, Botanical Society members:R85
 Contact: 021 799 8783 **Old Mutual Events**

Growing Seasons & Divorce Care Courses by PBC



There are children around us in constant pain. Not physical pain, but emotional pain as they try to deal with loss in their lives, through divorce of their parents, or through the death of a loved one.

Growing Seasons is a 10 week small group-course for children designed to facilitate open discussion about what they are feeling and experiencing. It is not a counselling session, just a secure environment where they feel supported and free to deal with their pain. Children should ideally be turning 6 (Grade R) till around Grade 6 or 7.

A Divorce Care Group will run at the same time as Growing Seasons. All adults are welcome. There will be an information meeting for all interested parents/adults on Tue 16 Feb from 6 - 7pm.

Course dates: Feb 23 • Mar 2, 9, 16, 23
 Apr 13, 20 • May 4, 11, 18
 Time: 6-7pm
 Cost: R60 per family for Growing Seasons & R100 for Divorce Care.
 Contact: Renée Meissner 021 531 4691 or 082 696 0628 or seadog@iafrica.com
 Pinelands Baptist Church 021 531 3922
jakes@pbc.org.za

Pinelands Stamp Circle Meeting Wed 24 Feb

Pinelands Stamp Circle will hold their monthly meeting on 24 Feb at 19:30 in the Activities Room at Pinelands Public Library. Alastair and Brenda Weir will show "Our Natural World" and "The Countess and the Wine". One Page exhibits are "Running" and "Kites". We welcome all those interested in stamp collecting.
 Contact: John Horner jnh@intekom.co.za

Barleycorn Annual Music Festival Sat 13 Feb



The biggest event in the Barleycorn calendar is our annual Festival, held almost every year since 1980, when the cream of the acts who have performed at the Club are showcased.

This year's brilliant local acts are Boulevard Blues, Louise Day, Wayne Pauli, Brothers Streep, Reini Adelbert, Dave Ledbetter, Natasha Meister, K Ray & The Bird, Jasper Dick, The Hotties and Blacksmith. Drinks and food (including vegetarian) are available or bring your own picnic, not forgetting the sunblock, umbrella, blanket, pillow, friends and family.

Details: www.barleycorn.org.za
 When: Sat 13 Feb, 2pm - 10pm
 Venue: Rygersdal Sports Club, Erin Road, Rondebosch
 Tickets: Adults:R60, Members: R50, Scholars: R30, Under 12: Free

Sandcastle Competition Hout Bay Beach Sat 13 Feb



South Africa's favourite sandcastle competition - Now celebrating its 14th year! Get those buckets and spades ready and head to Hout Bay Beach for an action packed morning filled with sandcastles, face painting, pony rides, balloon artists! All jumping castles, magicians, DJ and tasty eats! All monies raised will go towards building a better Valley Pre-Primary School. An independent school run by the parents of Hout Bay. Register online now or register on the day, at the Chapmans Peak side of Hout Bay Beach at 9.00 am, for the chance to win some amazing prizes!
 When: Sat 13 Feb, 8:30am - 1:30pm
 Venue: Hout Bay Beach, Valley Pre-Primary
 Tickets: Adults:R30, Kids: R15, Corporate Team (max 8 persons): R600 per team, Schools (max 6 persons): R100 per team

Sun Protection Tips from Sublime Skin & Body



A Tan is a Scar!
 How well do you know your sunscreen?

With summer in full swing, choose your sunscreen carefully. Follow our sun protection tips. It could save your life!

[more details...](#)

Councillor's Report

Alderman Brian Watkins has a page on the Pinelands Directory to report and comment on council matters.



[more details...](#)

Get Cookin!



Chocolate, Rocket, Macadamia, Gorgonzola & Watercress Salad With a Poppy Seed Dressing

Ingredients:

- 200gm dark chocolate bar, cut into small blocks (we recommend 75% dark chocolate)
- 3 pkts mixed watercress, spinach & rocket leaves.
- 200g roasted macadamia nuts.
- 250g crumbled gorgonzola cheese.

Dressing:

- 2 XL eggs.
- 160s castor sugar.
- 1 1/2 tablespoons mustard powder.
- 1/4 cup poppy seeds.
- 160ml red wine vinegar.
- 350ml oil (1/2 olive & and 1/2 canola oil).

Directions:

- 1 • Toss salad ingredients together
- 2 • Arrange on serving platter or in salad bowl
- 3 • Whizz all dressing ingredients together in food processor or whisk by hand and
- 2 • Drizzle dressing over salad just before serving. Left over dressing can be stored in fridge in sealed jar for 1 month.

Recipe by: **Clare Bock of Appetite Catering.**
 tel: 021 689 8547 c: 082 412 7211



Adopt-a-Pet

Help us find these pets a loving home

These furry friends from the Animal Anti-Cruelty League in Epping 2 are looking for a loving home

★ **Fern-lee (Male - 18 months / Neutered)**



I love to run, I love to play, if you throw me a ball it'll make my day. I like long walks than go on for ever, I'm energetic, young, fun & clever!

★ **Dolly (Female - 3 years / Spayed)**



I'm very loving & would make a great companion. Plus I'm a cross breed which means I have more spunk than those boring pure breeds!

★ **Amy (Female - 1 year old)**



This Valentines I'm thinking chocolate tennis balls & gravy-flavoured chompers, although just a loving owner to play with would suffice!

★ **Kittens needing homes!**



We have plenty of kittens that are the most amazing little fur balls... please feel welcome to spend some time with them before you adopt.

See adoption details below:

Contacts:
 Address: 90 Bofors Circle, Epping 2
 Tel: 021 534 6426
 Web: www.aacil.co.za
 Email: jolenne.laughton69@gmail.com

Adoption Fees
 • Cats & Kittens : R200
 • Large Dogs: R470
 • Medium, Small Dogs & Puppies: R400 (incl. micro-chip, sterilization & vaccination)

Not looking to adopt but would like to help?
 The Animal Anti-Cruelty League are always looking for reliable volunteers on a daily basis!

Did You Know? The Origins of Playing Cards

Playing cards were known in China as far back as the 9th century and Persia and India in the 12th century. Packs consisted of suits of swords, polo-sticks, cups, coins, and courts. By 1380 cards had spread across Europe. Those early cards were individually handmade and painted, making them expensive and restricted to the well-to-do. By the 16th century, after the invention of the printing press, playing-cards were popular throughout urban society. The joker was introduced in 1857 in America. Each king in the deck represents a great king from history: Spades:King David, Hearts: Charlemagne, Clubs: Alexander the Great, Diamonds: Julius Caesar.



Voice your Ideas



This month we want to know what is the best Valentine treat for a lady?

visit the Pinelands Directory website www.pinelandsdirectory.co.za and vote on our opinion meter.

Email us your suggestions... What would you like to see on the MonthlyMuse and PinelandsDirectory website?

Be Amused!

www.onlinedatingmagazine.com



"I didn't forget Valentine's Day, but in these times of economic and environmental crisis...do you REALLY want me to buy you expensive paper products?"

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
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

Pinelands Library Goes Online

The Pinelands Library website is hosted by the Pinelands Directory

Connect with them online at www.pinelandsdirectory.co.za/library
 You'll find details of the library services, times, new books, book reviews and more.

Regular Children's Programme at the library
 Parents, grandparents and childminders are welcome.

Children's storytime (children aged 4-8)
 First and last Friday of the month from 15:45 - 16:45

Moms and Tots programme (children aged 2 - 4)
 First and last Wednesday of the month from 10:15 - 11:00.

Pinelands Ratepayers News



Visit the PRRA website at www.pinelandsdirectory.co.za/prra.php

A General Meeting of the PRRA will be held on Wed 17 Feb at 7:30pm in the Pinelands Town hall.

Gerry Adlard, Development Consultant of Cape Town, will be the guest speaker on: **Informal Settlements - The Challenge for Cape Town**

Informal settlements exist within a broader context of deprivation, poverty, urbanisation and the unavailability of land and finance. The presentation explains these and their implications regarding informal settlements, the challenges and possible responses. Gerry Adlard has 25 years experience in addressing the housing needs of the poor and is consultant to the City's Housing Directorate on the improvement of informal settlements.

Join the Association

Pinelands Ratepayers' and Residents' Association exists to look after the interests of Pinelanders. For an annual fee of R30 you can become a member and contribute to this service.

Download an Application Form or post your contact details to the Association together with payment.



Book reviews by readers are always welcome. Submit your own review to pinelands.library@capetown.gov.za and we'll publish them on the library website.