



JUNE 2010

» email us » newsletter suggestions » unsubscribe

- » Pinelands Library: New book system and Holiday Programme
- » Athlone cooling towers tender awarded
- » Win a cut & blowdry from Fables

visit the Pinelands Directory website
www.pinelandsdirectory.co.za
for more local news and information

Mckenna & Scott

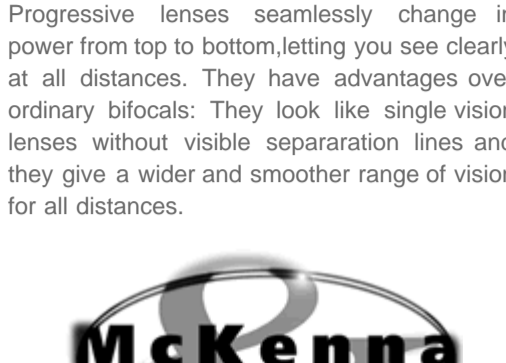


Progressive Lenses Promotion
BUY ONE PAIR, GET ONE FREE

CHOOSE YOUR OFFER

Purchase a pair of Progressive Lenses with variable tint Transitions or anti-reflective coating and get a second pair of Progressive Lenses free.

OR
Buy a pair of Progressive Lenses and get a free pair of Office Lenses valued at R2300
Terms and Conditions Apply.



Progressive lenses seamlessly change in power from top to bottom, letting you see clearly at all distances. They have advantages over ordinary bifocals: They look like single vision lenses without visible separation lines and they give a wider and smoother range of vision for all distances.



OPTOMETRISTS
at Howard Centre, Pinelands
Tel: 021 531 1953

[more details...](#)

Chi Kung

Chi Kung Class Promotional Offer

Join before 16 June and get one month tuition free!

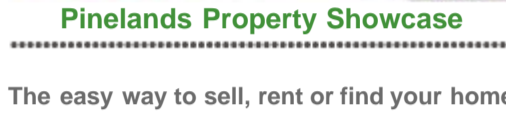
Normal Fee R850 for 3 months
Winter Special: R570 (3 months tuition)

Chi Kung consists of a series of dynamic stretching and breathing exercises which are combined with meditation. It can be understood as the art of managing breathing to achieve and sustain good health.

Join a class and recapture your vitality!

[more details...](#)

Phone: 074 1008 954
Email: info@chikung.co.za



Pinelands Property Showcase

The easy way to sell, rent or find your home in Pinelands on our website.

Showing your property is very affordable and convenient. Pinelands and Thornton are both welcome. We have packages to suit both.

Private individuals can now post a free "Property Wanted" notice

[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



Curves Free Weight Management Plan

No elaborate point systems or eliminating foods, just simple solutions to help you eat better lose weight and keep it off for good.

Curves FREE June Weight Management Classes on Saturday 5 June

- 12pm: Start Up Class
- 2pm: Phase 3 Class
- 3pm: Special Class - High Blood Pressure

FREE for NON-MEMBERS!

[more details...](#)

Curves Pinelands: 021 531 1114



HOWARD CENTRE

Building operations are finally nearing completion



There have been many changes at the centre this month and things are starting to come together.

- The new Banking Hall and Food Court was revealed. Standard Bank have moved in and ABSA are busy relocating. A new Wimpy will open here as well.
- The new toilets opened and are a very welcome replacement for the temporary affair of the past months.
- The paved, raised crossing to the parking garage is nearly complete. An unloading zone is also being constructed opposite McDonald's
- A new wheelchair ramp was installed outside Fables Hair Design.
- Logan Way is being cleaned up with pavements, parking and generous loading zones being finished off behind the centre.
- New stores due to open at the centre include: Mr Price, Wimpy and Cell C.
- The MTN store is being refurbished.
- The Pool Clinic in Logan Way has relocated to Goodwood.

[more details...](#)

See more photos of the latest changes on the Pinelands Directory website



The Cooling Towers

The Athlone Power Station which was shut down in 2005 has been an issue for Pinelands residents for many years. Earlier this year it was decided that the two towers would be demolished, due to the fact that they have become structurally unsafe. The original date for demolition of May 30 is being reconsidered at the moment.

Alderman Clive Justus, the City of Cape Town's Mayor Committee Member for Utility Services, announced that Jet Demolition (Pty) Ltd. had been appointed to demolish the two cooling towers at the former Athlone Power Station. Jet Demolition will now meet City officials and the appointed consulting engineers to discuss the programme for the works in further detail. "We are well aware of the great public interest in the demolition of the towers and will share further information with the public as the process unfolds", Alderman Justus said.

In terms of the bid specification and an agreed working programme, the winning contractor will be responsible for safe access to the towers and their implosion. Thereafter, they must clean up, level and prepare the site for subsequent operations.

Out and About



Soup, Sip & Bread Winter Feast
Durbanville Wine Valley • 6 June

Spend a warming winter's day in the Durbanville Wine Valley where food and wine enthusiasts can sip and taste their way through the heart-warming offerings of nine wine farms.

Nine wine farms in the Durbanville Wine Valley held the winter feast on Sunday June 6th, providing the perfect environment to enjoy this delightful wine route's reds and whites with hearty country fare, all served up with live music in a rustic, country-side setting. After a sell-out debut last year, festival goers will yet again flock to this special winter event to warm the cockles of the heart with home-made soup and just-baked artisanal bread perfectly matched with red wine from the valley's cellars.

Participating wine farms:
• Durbanville Hills, Nitida, D'Aria
• Diemersdal, De Grendel, Hillcrest
• Meerendal, Altydgedacht, Bloemendal
When: Sun 6 June
Thu - Sat: 10am - 9pm, Sun: 10am - 6pm
Venue: Durbanville Wine Valley
Tickets: Book at participating farms. Plenty of soup & wine for all, but seats are limited
Details: Michelle 083 310 1228
www.durbanvillewine.co.za



Jonny Cooper Big Band
Swing Safari • 9 Jun - 10 Jul

SWING SAFARI captures the nostalgia and unique energy of the Big Band era that has enjoyed renewed popularity since the release of hits recorded by stars such as Robbie Williams, Michael Buble and Harry Connick Jr.

But this season, in addition to tributes to the icons of the Swing Era including Glenn Miller, Tommy Dorsey, Frank Sinatra and Louise Armstrong the Jonny Cooper Big Band move away from the stereotypical 'American Songbook' and rework a selection of South Africa's best-known songs into the 1940's swing style, paying tribute to the finest African composers and songwriters of that era. Patrons can look forward to Nico Carsten's world hit Zambazi, as well as songs like Mama Thembu's Wedding, Meadowlands, the Penny Whistle Song, and 'Swingin Safari', a worldwide hit for Bert Kaempfert.

Venue: Theatre on the Bay, Camps Bay
When: Wed to Sat at 8pm excluding World Cup match dates
Tickets: Show-Only: R125 - R175
Dinner/Show Package: R280
Seniors 60+: R100 for selected shows
More Details: 021 438 3301
www.theatreonthebay.co.za



From Africa With Laug
9 June - 3 July

The African Arts Institute brings stand-up comedians from around the African continent for their irreverent and humorous takes on Africa, independence and football! War, Famine, Disease. These are the stereotypical images of Africa. But 2010 is a significant year for Africa for two reasons: the FIFA World Cup comes to Africa for the first time, and no fewer than 17 countries on the continent celebrate 50 years of independence!

When: 9 June - 3 July at 7:45pm
Preview Tue, 8 Jun, at 20:15
Opens Wed 9 Jun, at 20:15

Venue: Golden Arrow Studio, Baxter Concert Hall, Rondebosch
Tickets: Mon R70, Tue - Thu R75, Fri and Sat R90

Students, UCT staff, senior citizens & block bookings of 10 or more R65 (Tue - Thu only)

BAXTER MONDAYS: Special offer for Monday nights only! Have a light meal in the Baxter Restaurant and see a performance of From Africa with Laug for only R70

Details: www.baxter.co.za



The Vodacom Funny Festival
7 June - 11 July

The Vodacom Funny Festival returns to the Baxter Theatre with local and international comedians to entertain you with some edgy humour. The show stars:

- Alan Comittie (SA)
- Craig Hill (Scotland)
- Riaad Moosa (SA)
- The Raymond & Mr Timpkins Revue (UK)
- Paul Zerdin (UK)
- Mاريو Lindi (SA)
- Mario Queen of the Circus (USA)
- Al Progdgers (SA)
- Paul Morocco (USA)

When: 7 June - 11 July
Venue: Baxter Theatre
Price: R130 Discounts available
NO UNDER 18's
Details: www.baxter.co.za



Pinelands Stamp Circle Meeting

In line with current FIFA World Cup we'll have numerous exhibits centred around soccer and sport. Members will also be showing one page exhibits on the subject of 'Holidays' and 'Cook'. Items in aid of the Red Cross Children's Hospital will be on sale. All visitors are most welcome to attend. For those who collect soccer memorabilia, the SA Post Office will issue two sets of stamps on the 11th June, available at Belville and Waterfront Post Offices. Further information and scans on the issue email jnh@intekom.co.za

When: Wed 30 June at 7:30pm
Venue: Pinelands Library Activities Room
Contact: John Horner 021 531 1954

THE BUSINESS NETWORK

Pinelands Business Network

June Meeting

Special Guest Speaker: SARAH ROSSOUW

Sarah's passion is to help other small business owners feel the thrill that comes with owning a dynamic and growing small business. "I realise I have learnt a huge amount over the last 9 years of owning my own business and helping other's make the most of theirs. I want to share that with people who want to grow and thrive in a South Africa that is filled with potential and opportunity."

Sarah owns Luceda Accounting Solutions which focuses on the bookkeeping, accounting, tax and admin elements of running a small business, converting paper and numbers into useful information that the entrepreneur can use to inform and develop their passion into a profitable business. Her interests include the outdoors, reading, computers and the internet and she is an active Toastmaster.

When: Wed 9 June, 7.45 for 8am, to 9.30am
Venue: Grace's Coffee Shop, Howard Centre, Pinelands

Cost: Members R80, Visitors R120, light breakfast included
Contact: Nicola 076 817 6192
pinelands@businessnetwork.co.za

Councillor's Column

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



Current articles include:

- Children's Play Park Moved to Central Square
- Parks Dept man in Pinelands, Themba died recently
- Building Renovation around Central Square Heritage Area
- City awards tender for Athlone cooling tower demolition
- The Future of the Athlone Power Station

[more details...](#)

Pinelands Library Online

Pinelands Library User Survey

Pinelands library is undertaking a user survey to determine if our current services are meeting your information needs. We are further committed to improve our services and to provide you with the services that you require from us. Please assist us by completing this short survey.

[CLICK HERE](#) to complete the survey

Pinelands Library is moving to a new library system on 10 August 2010

What does this mean for you?

- The library will be closed from 1 to 7 August for staff training
- On 10 August the library will reopen and start issuing books on the new system (Brocade).
- No books will then be issued on BookPlus. All patrons will need PALS membership cards. Unfortunately BookPlus membership cannot be transferred to the new system and we all have to complete new membership forms. This includes the library staff! If a patron is not in possession of a PALS membership card, a new membership form must be completed.
- Please bring the following with you: ID, Proof of residence, 2 contactable references

We are very excited to welcome you on the new system and request that you fill in a new membership form as soon as possible. The staff is waiting to assist you!

For questions or queries:
email: samantha.christians@capetown.gov.za
web: [www.pinelandsdirectory.co.za/library](#)

Pinelands Ratepayers & Residents Association • Local Civic Groups

What the PRRA Does

There was once a cartoon of a man home from work looking with appalled horror at his living room, which seemed to have been hit by a hurricane, with a view of the kitchen sink piled high with unwashed dishes while his wife stretched out on the couch reading a magazine remarks "You always tell me I do nothing all day, so that's what I did."

People (like the husband) often say a Ratepayers Association does nothing and ask what's the point of joining. If the Association is needed, we take them for granted. It's when things go wrong, that the Association is needed. We can and do intervene to help residents in dispute with neighbours or the Council.

Of course, the Association cannot fix the potholes or mow the grass verges, but it can and does pressure the Council to do its job. One of the most important functions of the Association is to maintain the Garden City image by enforcing bye-laws such as building regulations, so, for example, the committee will not allow a 3-storey structure or any building on other building lines.

The local bye-laws also specify that all houses must be primarily residential, so a business can be run from home provided the owner lives there and uses only part of the house for work purposes. Owner-occupied bed and breakfast establishments are acceptable; guest houses run by a non-resident manager are not. Enforcement of the bye-laws upsets those who want to break them, but the Association will not set any precedents which would turn Pinelands into an over-built concrete jungle with whole streets turned into commercial areas.

The Association is also registered as an Interested Party with all the big proposed developments in Pinelands and the neighbourhood, so nothing can be done without first informing the Association which will always act in the best interest of Pinelands residents.

the muse

the pinelandsdirectory news

Hearty Winter Soups



Creamy Broccoli and Blue Cheese Soup

Ingredients

- 1 bunch leeks, white part only
- 60g margarine
- 1 medium onion, finely chopped
- 750g broccoli, cut into florets
- 1L stock (veggie or chicken)
- 100g grated blue cheese
- 100 - 150ml cream
- Salt & pepper

Method

- Wash the leeks really well to remove all the grit and slice them.
- Melt the margarine in a pot. Add the leeks and the onion and fry until the vegetables have softened but not browned.
- Add the broccoli and stock. Increase the heat and bring to the boil.
- Cover the pot and reduce the heat to low so that the soup simmers. Simmer for 15 mins or until the broccoli is soft. Don't cook for longer than necessary as the broccoli loses its nice green colour.
- Puree the soup. Add the cheese and cream to the soup when reheating. If the soup is a little too thick you can add more stock or cream. Check the seasoning and serve with a swirl of cream.

Competitions



Win a CUT & BLOWDRY
from Fables Hair Design

Recipe by Clare Bock of Appetite Catering
tel: 021 688 8547 or 082 412 7211

[more details...](#)

Adopt - a - Pet

Help find these pets a loving home

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

★ **Ben (Male - 1 year)**



I'm a Fox Terrier cross - cuddly like a bear & playful like a kitten! I love my cup of tea & an omelette. Only teasing, a nice doggie biscuit will do fine!

★ **Shirley (Female - 1 year)**



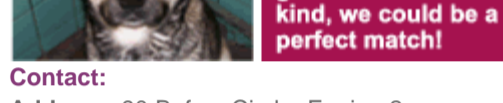
I'm a Terrier cross who's very friendly & loves attention. Could I be your Shirley Valentine? (Steak, egg & chips are not included!)

★ **Mandy (Female - 1 year)**



I'm a playful & energetic Chow Cross & my favourite game is playing ball. So if you love, shelter & feed me I'll always play ball!

★ **Beauty (Female - 2 years)**



I'm sweet, soft hearted & love to cuddle. So if you're gentle hearted & kind, we could be a perfect match!

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

Adoption Fees

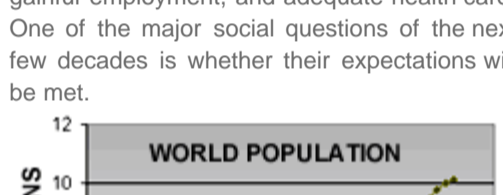
- Cats & Kittens : R200
- Large Dogs: R470
- Medium, Small Dogs & Puppies: R400 (incl. micro-chip, sterilization & vaccination)

Not looking to adopt but would like to help?
The Animal Anti-Cruelty League are always looking for reliable volunteers.

Did You Know?

World Population Growth

The world is on track to reach a global population of 7 billion in 2011, just 12 years after it hit the 6 billion mark. Virtually all the expected growth is in developing countries. During the next few decades, these young people will most likely continue the current trend of moving from rural areas to cities in search of education and training opportunities, gainful employment, and adequate health care. One of the major social questions of the next few decades is whether their expectations will be met.



2009 (6.8 billion)

Your Opinion

How Far will Bafana go?

So the World Cup has really arrived. There's a range of opinions on how well SA will do in the tournament, from supreme optimism to disdain and indifference. Regardless, it will be an interesting time as the world visits us in bigger numbers than we have seen before.

How far do you think Bafana will go... ?

visit the Pinelands Directory website
[www.pinelandsdirectory.co.za](#)
and vote on our opinion meter.

Share With Us

Share Your Stories, Pictures, News and Ideas on our Website

Birds of the Chobe

Jenny Peers sent us these photos of birds taken on the Chobe River in Botswana in April. They are White-faced Storks, a Pied Kingfisher, a Malindi Kingfisher and two...
an African Jacana
Jenny Peers - May 2010



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](#)

We Welcome your Suggestions

What would you like to see in the Muse and on the Pinelands Directory website?

Email us: info@pinelandsdirectory.co.za

Have a Laugh

It's going to happen one day...



Can't I just email you a link to my blog Miss?

holiday FUN @your library

Thur 17 Jun • 10am - 11am (4-8 years)
Welcome to Cape Town: craft activity

Thur 24 Jun • 10am - 11am (4-8 years)
Flag Mania: football quiz and craft

Fri 25 Jun • 15:45 - 16:45 (4-8 years)
Storyhour

Wed 30 Jun • 10:15 - 11:00 (2-4 years)
Moms & Tots Storytime

Fri 2 Jul • 15:45 - 16:45 (4-8 years)
Storyhour

Wed 6 Jul • 10:15 - 11:00 (2-4 years)
Moms & Tots Storytime

Thur 8 Jul • 10:00 - 11:00 (4-8 years)
Games Hour: compete and score!

Pinelands Ratepayers & Residents Association

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

email
pinelands.ratepayers@gmail.com

phone: 021 531 5604

General Meeting • Wed 2 June.

A General Meeting of the Pinelands Ratepayers and Residents Association will take place on Wednesday 2 June at the Pinelands Town Hall at 7.30 p.m. This is the chance for Pinelanders to air their views, ask questions, express grievances and help to make the suburb one they are proud to live in.

Join the Association