



June 2010 World Cup Special

» email us » newsletter suggestions » unsubscribe

- » Win a World Cup memory from Foto First Pinelands
- » Check out the Diski Dance moves
- » Get the low-down on the Grand Parade Fan Park

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

World Cup Memories

CAPTURE YOUR OWN WORLD CUP MEMORY
Win a block mounted colour print of your own World Cup photo from Foto First

Email Your Photos & Stories To
info@pinelandsdirectory.co.za

Be sure to include
Your name & contact details and
a title & brief story about the photo

We'll display photos entered on the Pinelands Directory website and choose a winner on 17 July.

The winner gets an A2 (40cm x 60cm) block mounted print of the winning photograph from Foto First Pinelands.



Be sure to also check their Winter Specials
Photo Print Special for 50, 100 & 200 Prints
Mounted Photographic Canvas Prints
Photographic Poster Prints
FujiFilm & Pentax Cameras

more details...

Your Opinion

Annoying or Inspiring ?

Love them or hate them - our vuvuzelas have become world famous and are a big talking point. Their sound has been described as a swarm of bees, an elephant. A comment on Twitter hailed the vuvuzela as the only thing that can be heard from space. There is talk that a FIFA ban may be imposed after complaints from viewers, fans and players. South Africa coach Carlos Alberto Parreira, not surprisingly, thinks vuvuzelas are a great idea. "We have to try to reinforce that advantage. We want it louder and louder." Perhaps the issue is that they are not played with any musical synchronization resulting in the monotone drone.

What do you think about the Vuvuzela ?

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

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...

Curves Friends Forever

Friendship time can be
get fit and lose weight time

Join for FREE with 2 friends*



Curves
The power to amaze yourself

[World's Leader in Women's Fitness]

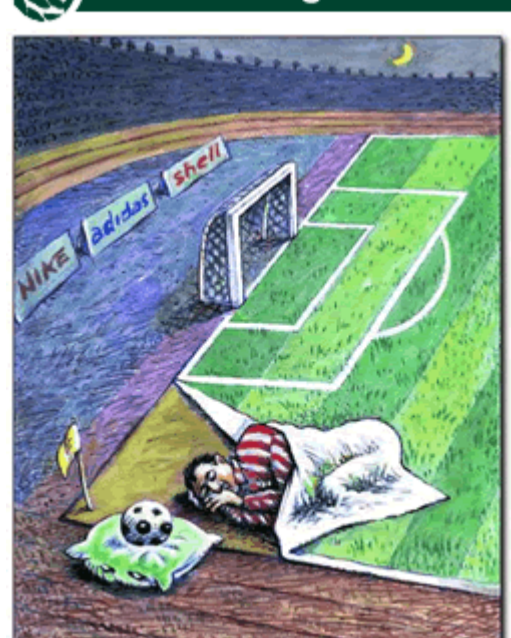
Just 30 mins, 3 times a week on our strength training and cardio circuit can help you and your friends lose weight and get fit.

Your relationship has
never been healthier!

more details...

Curves Pinelands: 021 531 1114

Have a Laugh



Sweet Dreams Are Made Of This...
Enjoy it while we have it

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

Ke Nako! ~ It's Time! ~ Viva the Feva!



The Calm Before The Storm ~ Green Point Stadium just before kick-off

Ke Nako ~ Ayoba ~ Vuvuzela ~ Diski Dance ~ Jabulani ~ Makarapa
Some new words the world learned from us this week

We're a week into World Cup now and the country has definitely got the fever, but 3 - 0 ~ Eishhh! ~ that was hard to take. Here's hoping we can follow the Rugby team and pull off a spectacular win against France on Tuesday in Bloemfontein.



MAKARAPA
your essential
headgear



DISKI DANCE
check the moves
out here (video)



THE JABULANI
the goalkeepers
can't catch it and
strikers can't aim it
(well that's their story)

Celebrate in style with appetite catering

Celebrate the World Cup with appetite
enjoy the foods of the world with the game

more details...

Each menu is
R100 / person

Minimum 20 People

appetite
celebrate the senses
Contact Clare Bock at Appetite Catering
tel: 021 689 8547 or 082 412 7211



Thu 17 June

France ~ Mexico

Beef Bourguignon
(Beef Casserole with Baby Onions, Baby Carrots
Button Mushrooms & Red Wine)
Frangipane Apple & Almond Tart



Fri 18 June

England ~ Algeria

Steak & Kidney Pie
Batter Fried Fish & Potato Wedges served with Lemon
Sticky Toffee Pudding with Butterscotch Sauce



Sat 19 June

Netherlands ~ Japan

Nasi Goreng
Dutch Apple Pie with Cream



Sun 20 June

Brazil ~ Ivory Coast

Brazilian Coconut Chicken with Jalapenos, Coconut Milk,
Tomatoes & Coriander, Spanish Rice
Passion Fruit Mousse Cake



Mon 21 June

Spain ~ Honduras

Paella with Chicken, Shrimp, Sweet Red Peppers,
Chorizo Sausage, Garlic & Parsley
Spanish Fritters with Chili Chocolate Sauce



Tue 22 June

Greece ~ Argentina

Tzadziki, Hummus & Taramasalata Dips with Pita Breads & Olives,
Lamb Moussaka
Baklava



Wed 23 June

Ghana ~ Germany

German Pork & Beans with Sauerkraut & Frankfurters with Mustard,
Chicken Schnitzel with Lemon Mayonnaise
Baked Cheese Cake



Thu 24 June

Cameroon ~ Netherlands

Fish & Coconut Rice with Sweet Peppers, Tomato, hint of Chili
Lemon Banana Fudge Cake & Fresh Fruit Salad



Fri 25 June

Portugal ~ Brazil

Peri Peri Chicken Livers, Beef Fillet & Chicken Prego Rolls
Pasteis de Nata - Custard Tarts

Brown Cow's new website ~ Get The Feva!

celebrating a killer kickoff
with these packages:

smokin' starter
Logo + 1 000 Flyers + Web Page / R10 000 incl VAT
VIEW EXAMPLE

wicked warm up
Logo + 500 Business Cards + Web Page / R8 000 incl VAT
VIEW EXAMPLE

Both Package Prices above exclude domain registration (R113 p/m) & monthly hosting fees (R45 p/m). Valid till end August 2010.

Please blow your moomozelas with abandon...we have a brand new website!
www.browncow.co.za

Get the feva!
VIEW ANIMATION

Take a spin on Cape Town's new big wheel

The Wheel of Excellence
New Attraction at V&A Waterfront

Much like the London Eye, the giant observation wheel, a first for Cape Town and South Africa, is a unique way to savour panoramic bird's-eye views of Cape Town, Paarl, Table Mountain and Robben Island. Sporting 36 fully-enclosed cabins, friends and family can sit back and savour the city skyline on the 20 minute round trip. The wheel will be fully operational as from the 8th June 2010. It will remain at the V&A Waterfront for an extended period post-world cup. VIP For those who want to 'glam' up the experience, champagne and canapés are also available in one of the exclusive VIP cabins.

Times
Sun to Thu: 11am - 8pm
Fri, Sat: 11am - midnight
Cost: Adults: R80
Children under 3: Free
Children 4-12: R50
Family tickets: R220
More Details: www.capewheel.co.za

The lowdown on the Grand Parade Fan Park

cape town FIFA FAN Fest™

ALL YOU NEED TO KNOW
THE HOW, WHEN, WHERE AND WHAT

PROGRAMME
EVENT DETAILS FOR EACH AMAZING DAY

COMMUNITY
INTERACT WITH OTHER FANS

CAPE TOWN
INFORMATION ABOUT THIS BEAUTIFUL CITY

THE MOST FUN YOU CAN HAVE WITHOUT A TICKET

The Cape Town FIFA Fan Fest is a must as part of your Cape Town FIFA World Cup experience. With the ultimate soccer atmosphere it is definitely the most fun you can have without a ticket! Every day the Cape Town FIFA Fan Fest will broadcast all the FIFA Soccer World Cup matches live on a 70sqm screen - to ensure you don't miss one goal. There is also a daily entertainment lineup between matches that will blow your mind. This lineup will include shows from local artists such as Goldfish and K'naan as well as performances from AmFarimba bands, local DJ's and new and emerging talent.

Programme Highlights
Fri 18 Jun: The Rudimentals
Mon 21 Jun: Gang Of Instrumentals
Tue 22 Jun: Brasse vannie Kaap
Fri 25 Jun: Ghorwane
Sun 27 Jun: Danny K
Mon 28 Jun: Flat Stanley
Sat 3 Jul: Freshly Ground
Tue 6 Jul: Gugulethu Tenors
Sat 10 Jul: The Rockets
Sun 11 Jul: Prime Circle and Flash Republic

There will be over 100 performances at the CTFFF and other attractions will also include Arts & Crafts stalls, food and beverage refreshment stands in the Chill Zone as well as interactive activity zones, including 5-a-side soccer pitches. Group match viewing experiences in the historic City hall will also be available.

Location: Grand Parade
Hours: 11am - 11pm
Entrance: Free
More Details:
www.capetownfifafanfest.com