

MARCH 2009: this March we muse over:

» email us

» newsletter suggestions

» unsubscribe

» Business Profile of the month ...NEW!

» The Out & About Guide

» Recipe of the month ...NEW!

» Adopt-a-Pet

» Mupine Report Deadline!

» Pinelands Ratepayers News

Business Profile



The Activity Workshop:

The Activity Workshop aims to provide parents and children time to learn and socialize in a secure and supportive environment.

Most of all, the emphasis is on having FUN!!!

All the facilitators are qualified and highly trained.

The program gets evaluated and monitored by child development specialist (O.T, Physiotherapy, and psychologists) as well as improved to meet today's parenting needs.

A range of stimulating activities, both individually and as a group is offered in order to help the child Experience, Explore and Experiment through touch, music and movement.

Morning and afternoon workshops for the different age groups are available daily, including Saturday!

Contact: Ofra Sharp

Tel: 021 531 8659

Email: ofra@parentandchild.co.za

Web: www.parentandchild.co.za/pinelands.htm

Adopt-a-Pet

Help find these pets a loving home:

See adoption details below:

The Out & About guide



10th CT International Jazz Festival

The festival's winning formula of bringing more than 40 international and local artists to perform over two days on five stages has earned it the status of being the most prestigious event on the African continent.

Including artists like 340ml, Freshly ground, Hugh Masekela, **Jonathan Butler** (above) etc.

Date/Time: Fri 3rd April 2009 & Sat 4th April 2009. Times to be announced.

Venue: CTICC.

Cost: Weekend Pass: R485; Day Pass: R330.

Contact: www.computicket.com.

Cape Philharmonic Orchestra

The rich sounds resonate across the Gardens at this Summer Concert.

Date/Time: Sun 29 Mar, starts 5.30pm

Venue: Kirstenbosch National Gardens.

Cost: Adults R70, Children R40.

Contact: 021 799 8783/8620.

Mushroom Festival

Head to the Neighbourgoods market in Woodstock for a celebration of fabulous fungi. There'll be cookery demos and courses, and plenty of delicious mushrooms to eat.

Date/Time: Sat 28 March. 10am - 2pm.

Venue: Neighbourgoods market, Woodstock.

Cost: Free.

Contact: 011 325 6006,

www.mushroominfo.co.za.

Get Cookin!



Asian Chicken Salad with Coriander, Mint & Sesame Seeds | Serves 4

Ingredients:

- 1 cup soy sauce
- 1 cup old brown sherry
- 1 cup water
- 1 cup chopped ginger
- 1 clove garlic-crushed
- tsp Chinese 5 spice powder
- 2 Tbs orange rind
- 1/3 cup brown sugar
- 4 x 100gms chicken breasts-filleted
- pkt fine green beans
- pkt mange tout
- pkt bean sprouts
- pkt coriander
- 1/3 pkt mint leaves – optional
- 2 Tbs sesame seeds

Method:

1. Place the soy, sherry, water, ginger, garlic, five-spice powder, orange rind and sugar in a large saucepan over low heat and simmer until the sugar is dissolved. Bring to the boil for 2 mins.
2. Bring to the boil for 2 mins. Add the chicken to the soy mixture & simmer for 10 mins on low heat until cooked through. May take a little longer.
3. Remove the chicken and slice. Bring the sauce back up to the boil and boil for 10 mins or until syrupy. – I added a little more sugar at this point. Blanch the beans and mange tout for two minutes each and refresh in cold water.
4. Place the beans and mange tout on the plate, top with the bean sprouts, coriander, mint

★ **Piper** (Calico Female - Spayed)



Alliterations with "P" aren't my forte, but I excel at the "M's": Meow, meow-meow, meeeow. See? I also like sitting on shoulders!

★ **Bumm** (Male Chow - Neutered)



I'm a charming Chow champing at the bit to get outta here, & into my own abode with a loving owner! Give me a chance, pls.

★ **Puppy** (Female)



I'm a loving little pup looking for a family to adopt me. There are other pups here too, also looking for homes. Come visit us!

★ **Sandy** (Male Tabbycat - Neutered)



I've been here since Sept '08, & I'm still waiting for my 'place in the sun'. Can you offer me a change of scenery & a kind heart?

Contacts:

Physical Address: 90 Bofors Circle, Epping 2

Email: jolenne.laughton69@gmail.com

Tel: 021 534 6426 **Web:** www.animasure.com

Adoption Fees • **Adult Cats:** R95-Incl. vac & sterilisation for a year • **Small Dogs/Puppies:** R300 • **Large Dogs:** R400-Both incl. sterilization

Not looking to adopt but would like to help?

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

Home Improvers Show

Looking to revamp your space? Check out this show at the Good Hope Centre. Whether you're building a new house, thinking of renovating or just wanting to scratch your decor itch, this shopper's paradise will present you with 250 exhibitors to choose from.

Date/Time: Thurs 26 - Sun 29 March, from 10am.

Cost: Adults R30, under-12's free.

Venue: Good Hope Centre.

Contact: www.homeimprovershow.co.za.

Craft In The Park

Browse handmade crafts at the Rondebosch Craft Market at Rondebosch Park. Drop off your unwanted bric-a-brac at information - it goes to Marsh Memorial Children's Home.

Date/Time: Sat 7 & Sat 14 March, 9am - 2pm

Venue: Bien Donne Farm in Simondium near Franschhoek.

Cost: Free.

Contact: 021 531 4236.

Pinelands Athletic Club - CRAFT MARKET

Pinelands Athletics Club will once again be hosting a Craft market/Car Boot sale as well as their 5x6 Company Relay. Eastern Food, Boerie Rolls, Plants, Homecrafts, Soaps, Pony Rides, Games, Beer Garden, Bric-a-Brac, Cakes, Jewellery and much more!

Date/Time: Saturday 4 April, 10am - 4pm.

Venue: Lower Oval, Pinelands.

Cost: Free, ..R60 to book a stall.

Contact: Please email Hayley Smith, 082 774 0228, stormsky@mweb.co.za before 13th March 2009.

and chicken and spoon the soy dressing over the salad. Sprinkle with sesame seeds. The dressing can be served warm or at room temperature.

Recipe by:

Clare Bock of [Appetite Catering](#).



Voice your Ideas

Email us your suggestions... What would you like to see on the monthly Muse? ...[Email us](#).

Be Amused!

[Click Here for the Amusement of the month](#)

Timing is Everything!

Pinelands Library:	Clicks Pharmacy:
Mon: 9h30 -20h00	(Central Square)
Tues: 9h30 -17h30	Weekdays: 8h30 -
Wed: 12h00 - 20h00	20h00
Thurs: 9h30 - 17h30	Sat: 8h30 - 20h00
Fri: 9h30 - 17h30	Sun: 9h00 - 20h00
Sat: 9h30 - 12h00	Public Hol: 9h00 -
	20h00

Barnett's Pharmacy:

(Howard Centre)

Weekdays: 8h30 -

20h00

Sat: 8h30 - 13h00

Sun: 9h00 - 13h00

Public Hol: 9h00 -

13h00

[RECYCLING DEPOTS:](#)
[Times /](#)
[Locations etc.](#)



PINELANDS RESIDENTS AND RATEPAYERS ASSOCIATION

At a well-attended General Meeting of the Association on 18 February, Inspectors Louis Waters and Leslie Adams reported a reduction in theft and housebreaking, though the thieves who gained entry to a house through the roof had not yet been caught. Sector Patrollers were thanked for their assistance.

People were advised to take basic precautions to protect themselves and their property. Don't leave cars outside the property; don't leave anything inside cars; don't leave windows open; at night keep curtains closed and lights on. Inspector Waters recommended outside sensors which alerted householders to the presence of intruders. He also queried the need for children to have cell phones, especially expensive ones which made the children targets for thieves. Inspector Adams urged people to note serial numbers of laptops and other equipment and to mark such items so owners could be identified if stolen goods were recovered. He also appealed for volunteers to counsel victims of crime.

Following complaints about the two vagrants known as the Blanket Man living under Howard Bridge, and Polo Classic, the police admitted they were a problem because residents fed them so they stayed in the area. Councillor Watkyns said Pinelands was included in the pilot project for a Displaced Persons Unit and it was hoped to persuade homeless people to move to the shelter provided by the Unit. He asked people to let him know where vagrants were sleeping so they could be contacted.

Councillor Watkyns was investigating the contract for laying the pipes along the River Reserve as the work was of very poor quality and the removal of the bollards meant that the contractors' heavy trucks had damaged the path and churned up the ground. He had also asked for a report on the recent SAWAS fire and to what extent other old age homes and schools were complying with fire regulations.

Because of the dispute between the Council and Sunrise developers as to whether they were permitted to build 45 or 120 units, no development can take place until plans are approved.

Councillor Watkyns said that according to the National Building Regulations if building stopped for 3 months, the Council would warn the owner that it had to be completed within 3-6 months. Council was now taking action against illegal businesses in Pinelands, for example, where the owner moved out and turned the whole house into a business.

There were complaints about sewage smells, the rundown state of the Municipal Offices and Town Hall, the need for traffic calming measures in Nightingale Way, Ambleside and Ringwood Drive. The entrance and exit to the library parking area was particularly badly designed causing traffic congestion, and Councillor Watkyns believed that Logan Way should be made one-way. There was also unhappiness about the proposed changes to Howard Centre which involved losing long-established businesses. Of particular concern was the fact that if banks moved upstairs, armed cash-in-transit personnel would be using the same entrances as shoppers which could be potentially highly dangerous.