



MARCH 2010 / This month we muse over:

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- » The Out & About Guide
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- » Recipe of the month
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Visit the Pinelands Directory Website www.pinelandsdirectory.co.za for more local news and information

Business Profile



Top To Toe Natural Beauty Salon welcomes Hayley to the salon and introduces two new treatments

The salon offers a range of beauty treatments including two new ones
Indian Head Massage
 and **Hot Stone Massage**

more details...

contact Terry or Hayley
 021 531 5829



To celebrate **Top To Toe** is giving away a **hot stone back massage**

enter the competition

On the Pinelands Directory Website

Pinelands Property Showcase



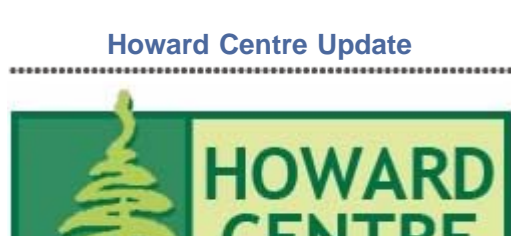
The easy way to sell, rent or find your home in Pinelands has opened on our website. Showcasing your property is very affordable and convenient. Pinelands and Thornton are the main focus. Agencies & private sellers are both welcome. We have packages to suit both.

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.

The Pharmstore



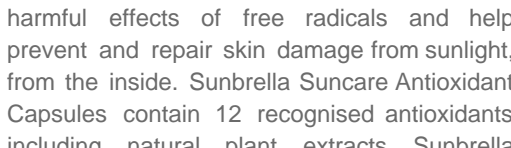
Sunbrella Suncare Antioxidant Capsules

Highly reactive free radicals are formed with exposure to UV radiation and can damage healthy skin cells. Repeated damage eventually causes growth of cancerous skin cells. Antioxidants neutralize free radicals, lessening their harmful effects. Sunbrella provides a supplementary source of antioxidant nutrients to aid the body's defences against the harmful effects of free radicals and help prevent and repair skin damage from sunlight, from the inside. Sunbrella Suncare Antioxidant Capsules contain 12 recognised antioxidants including natural plant extracts. Sunbrella Capsules do not replace the use of sunscreen. Suitable for children over 12 years of age.

we also supply
 Evening Primrose Oil • Calmag C • Omega 3
 Spirulina • ImmunoBoost Plus • and more.

more details...

Top Promotions



Top Promotions specializes in demonstrating products and services inside stores and malls, at expos and at special events

Promoters Wanted Earn Extra Income

We are always looking for bright and presentable people to assist with our promotions. Full training given at our offices in Pinelands. You need to be over 16 years old. Contact Sandi Traut at 021 531 1170

more details...

Trymore Estates



Trymore Estates offer a comprehensive range of Sectional Title and Rental Management Services.

Based in Pinelands, we are ideally placed to serve the needs of Sectional Title blocks in Pinelands and Thornton. We are hands on, which means we personally oversee caretakers, quotations etc. We are not just at the end of a phone, we are on site.

Contact James Williams on 021 531 5847

more details...

Winner's Circle



The February Valentine competition for the Facial and Skin Analysis, sponsored by Sublime Skin & Body was won by Maureen de Kock

more details...

The Out & About guide



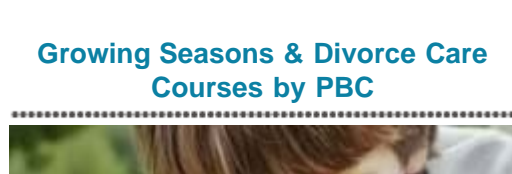
Grease The Musical 6 Mar - 11 Apr

Grease is the word. It's the one that you want!

The classic musical, with book music and lyrics by Jim Jacobs and Warren Casey, about teenage school life in America in the 1950's. The ultimate party show comes to South Africa. Danny, Sandy, Kenicke, Rizzo, The T Birds and the Pink Ladies, in an all-South African cast production of this celebrated party show, bringing audiences a show packed with songs we all know and love - Grease Is The Word, Summer Nights, Look At Me I'm Sandra Dee, Greased Lightnin', We Go Together, Hopelessly Devoted To You, Beauty School Dropout, and the rip-roaring final song, You're The One That I Want. Come and bop 'till you drop! Presented by Pieter Toerien, Paul Nicholas and David Ian.

When: 6 Mar - 11 Apr
 Venue: Artscape
 Tickets: R100 - R350 from Computicket
 Details: www.greasethemusical.co.za

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.

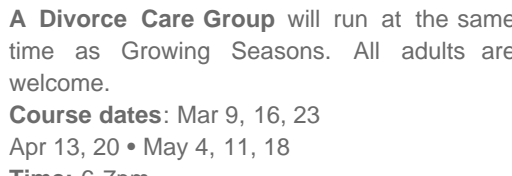
Growing Seasons is a 10 week small group-course for children designed to facilitate open discussion about what they are feeling and experiencing. It is not a counselling session, just a secure environment where they feel supported and free to deal with their pain. Children should ideally be turning 6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

Course dates: Mar 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

Barn Dance at Pinelands North Primary School • Sat 13 Mar



Allemande Left and Do Si Do!

A fun evening for the whole family hosted by PNPS. Prizes to be won. Braai on sale

When: Sat 13 March at 7pm
 Venue: Pinelands North Primary School Hall
 Cost: R25 per person (children under 5 free)
 Tickets: Pinelands North Primary School Reception 021 531 3414 or contact Melanie on 083 638 0861

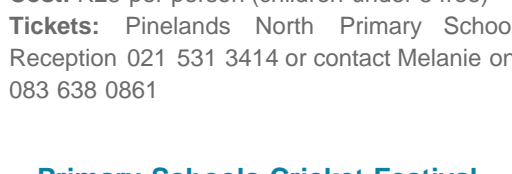
Primary Schools Cricket Festival Fri 5 Mar



A day / night limited overs cricket festival will see Primary Schools in Pinelands playing each other. Pinelands North, Pinehurst and Pinelands Primary Schools will be competing.

When: Fri 5 Mar from 2:30pm
 Venue: Old Mutual Sports Club, Pinelands
 Cost: Free
 Contact: Pinelands North Primary School 021 531 3414 or email: sport@pnps.co.za

The Cape Town Festival Fri 19 Mar - Mon 22 Mar



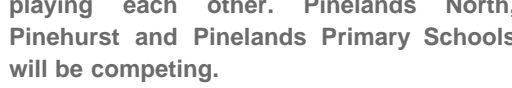
One city many cultures

The Cape Town Festival, born out of the 'One City, Many Cultures' campaign, will be reaching out to the continent this year, in line with our country's hosting of the 2010 Soccer World Cup.

Festival organisers are negotiating with popular African artists such as Angolan R&B singer Anselmo Ralph and Nigerian Two Face Ibibia, of African Queen fame to perform at Cape Town Festival 2010. "This year's festival will be bigger and better than ever before", said Cape Town Festival chairperson Ryland Fisher. "Our aim is to present a celebration that would make the people of Cape Town proud and showcase our beautiful city to the world. By inviting popular artists from throughout the continent, we want to showcase Cape Town as a proudly African city." This year's festival will run over four days. Human Rights Day is on Sunday 21 March, which means that Monday 22 March will be a public holiday. The concerts will again be accompanied by a food, arts and craft market.

When: Fri 19 Mar - Mon 22 Mar
 Venue: The Company's Gardens in Queen Victoria Road
 Cost: Free for events linked to the Cape Town Festival
 Details: www.capetownfestival.co.za

Share Your Stories And Pictures With Us On Our Website



Epping choo choo
 Does anyone know if the Epping choo choo will run on a Sunday?
 Thanks
 03 Jan 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

Councillor's Report

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

- Brian Watkyns visit to Letchworth Garden City in UK
- Athlone Cooling Towers to be demolished due to structural weakness

more details...

Get Cookin!



Iced tomato soup with crudites platter & croutons (serves 4-6)

Ingredients:

- 500g very ripe tomatoes, halved and seeded
- 500g cherry tomatoes
- 300ml good quality tomato juice
- 2 cloves garlic, peeled and finely chopped
- Salt & freshly ground black pepper to taste
- 45ml balsamic vinegar
- Few drops Tabasco sauce

To Garnish:

- Basil leaves
- Finely diced red and yellow peppers
- 2 sliced hardboiled eggs.
- Croutons
- Diced cucumber

Directions:

1 • Process all the tomatoes in a blender with the tomato juice, balsamic vinegar and garlic.
 2 • Check the seasoning - remember that cold soups need extra seasoning.
 3 • Chill the soup in the fridge for as long as possible.
 4 • Hand the platter of diced peppers, cucumber, sliced egg, croutons and basil around with the soup so your guests can help themselves.

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

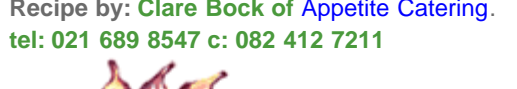


Adopt-a-Pet

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

★ Willy (Male - 2 years)



I'm a cool cat, but not too cool to be friendly, or cuddle. I'm very passive & keep my cool so I'd be an asset to your crib. So come & adopt this daddio.

★ Snowy (Female - 3 years / Spayed)



I'm a sweet, loving, & energetic Maltese Poodle. I love kids & playing with toys. The cherry on top is that I'm even friendly toward cats!

★ Luke (Male - 2 years old)



I'm intelligent, sweet, love walks & balls, & I'm good with kids & cats. So have your people talk to my people about adopting me.

★ Winston (Male - Adult Cat)



I'm friendly & sweet, & waiting to meet that special person who's going to love, & care for me. I have a lovely nature; can't wait to meet you!

See adoption details below:

Contacts:
 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 on a daily basis!

THE BUSINESS NETWORK

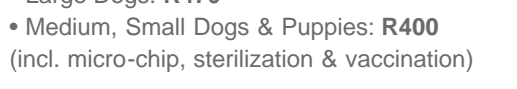
March Meeting: Wed 10 March

Special Guest Speaker: Marianthi Dickie
 Why it is essential to use your voice skilfully in the work environment.

When: Wed 10th Mar, 7.30 for 8am - 9.30am
 Venue: Grace's Coffee Shop, Howard Centre
 Cost: Members R80, Visitors R120, Light breakfast included.
 Bookings: Nicola 076 817 6192
pinelands@businessnetwork.co.za

The Legend of the Loch Ness Monster

The first written account of the Loch Ness Monster was made by the Viking Adamnan in 565AD. He described how St. Columba heard about the monster killing a man, and then rowed to the center of the loch to order the beast to stop such attacks in the future. Ever since then, legend has it, Nessie has never repeated its misdeed.



In 1933 alone, there were 5 sightings of Nessie. In 1963, Nessie was even filmed, but at such a distance that not much of it can be seen on the film. The most famous picture of Nessie was taken by Dr Robert Kenneth Wilson in 1934. In 2001 the doctor's friend who was with him that famous day, claimed the picture to be a hoax. Dr Wilson has stuck to his story until his death in 2001. Nessie is protected by the 1912 Protection of Animals Acts of Scotland with good reason. Nessie is worth \$40 million annually to Scottish tourism industry. From the many reports, it is guesstimated that Nessie's body is about 5 metres long. Loch Ness is 37km long, 1,6km wide and about 182m deep.

Voice your Ideas



The Super 14 has started! This month we want to know which SA team stands the best chance of winning the tournament.

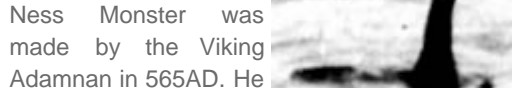
visit the Pinelands Directory website www.pinelandsdirectory.co.za and vote on our opinion meter.

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

Be Amused!

You've got to admire this student's answer!

Question 3: Find x in the diagram below



Unfortunately the teacher didn't think it funny enough to award any marks...

Pinelands Library Goes Online

The Pinelands Library website is hosted by the Pinelands Directory

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

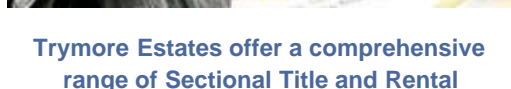
Regular Children's Programme at the library

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 PRRA General Meeting was held on Wed 17 Feb in the Pinelands Town Hall.

Informal Settlements - The Challenge for Cape Town

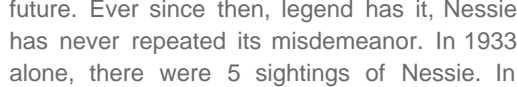
Gerry Adlard, Development Consultant of Cape Town, gave a presentation. Informal settlements exist within a broader context of deprivation, poverty, urbanisation and the unavailability of land and finance. The presentation explored these issues and their implications regarding informal settlements, the challenges and possible responses.

The Jammie Shuttle

Sharon Timlin, Vice chairperson Pinelands Neighborhood Watch, gave a summary of the Jammie Shuttle issue and the ongoing efforts to make the service available in Pinelands. There will be a public meeting on Wed 17 Mar at which a number of issues, including transport will be discussed. The venue is St Stephens Church Hall, Central Square, Pinelands. Time: 19h00 for 19h30.

A summary of both these presentations can be viewed on the PRRA website www.pinelandsdirectory.co.za/prra.php

Book Reviews



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.