



## MAY 2009: this May we muse over:

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### Business Profile



#### Angels Rest:

**Cozy, fully equipped self catering lodge. Sleeps 2 people p/unit. Safe, tranquil environment.**

- Private garden with access to pool/braai area.
- Modern facilities.
- Seperate entrance.
- Situated in the heart of green, leafy Garden City Area.
- Central to all main shopping centres and highways.
- 10 mins from Airport.

**Contact:** Mr Paul Mostert  
**Tel:** 021 531 4782  
**Cell:** 082 818 0627  
**Email:** [sats007@wol.co.za](mailto:sats007@wol.co.za)



### Adopt-a-Pet

**Help find these pets a loving home:**

**See adoption details below:**



★ Lilly (Cross Sausi



### The Out & About guide



#### Good Food and Wine Show 2009

A vibrant Pandora's Box of International BBC celebrity chefs, global trends and gourmets tastes, the best of local wares and wines, hands-on workshops by the world's leading talents and innovations from all the kitchens of all the continents.

**Date/Time:** 28 - 31 May, 9am - 5pm.

**Venue:** CTICC.

**Cost:** R75 for Adults and R35 for children under 12 & pensioners.

**Contact:** [www.gourmetsa.com](http://www.gourmetsa.com),  
[www.webtickets.com](http://www.webtickets.com).

#### The Young Cuban Ballet Stars

..are in town for 3 performances only. Booking in advance is recommended.

**Date/Time:** Fri 8 May, 8pm; followed by two shows on Sat 9 May, 3pm & 8pm.

**Venue:** Artscape Theatre.

**Cost:** R70 - R170.

**Contact:** [www.computicket.com](http://www.computicket.com).

#### Elvis Forever

Walking in Memphis is a spectacular musical tribute to one of the greatest rock stars of the 20th century. This show captures the on-stage excitement of Elvis's greatest performances and includes hits from the 50's, 60's and 70's.

**Date/Time:** Fri 8 April, Ends 31 May, Tues - Sat 8pm, Sun 2pm.

**Venue:** Barnyard Theatre, Willowbridge.

**Cost:** Wed - Sat R95, Sun & Mon R120.



### Get Cookin!



#### Crayfish Tails & Roasted Tomato Risotto | Serves 4-6 people

**Ingredients for the roasted tomatoes:**

- 500g Rosa tomatoes – cut in half
- 2 garlic cloves – finely crushed
- 50ml olive oil
- S&P
- 2 sprigs rosemary

**Ingredients for the risotto:**

- 100g butter
- 2 onions – finely chopped
- 1 onion roughly chopped
- 2 pkts button mushrooms – sliced
- 450gms Arborio rice
- 275ml white wine
- 600ml seafood stock/ or water
- 1 TBS tomato paste
- 8 small crayfish tails – about 100gms each
- 100g finely grated Parmesan cheese
- 1 tsp saffron threads
- 50 ml cream
- Salt & pepper
- 2 bay leaves
- 2 lemons – cut in half
- 1 pkt coriander

**Note:** It is essential to have a heavy duty pot with a tight fitting lid.

**Method:**

1. Preheat the oven to 200C and roast the Rosa tomatoes with garlic, rosemary, olive oil, salt & pepper for about 1 hr in a roasting tray. Cool and blend the tomatoes and cooking



Let us be the dynamite of your small package. Need a family to keep us warm with through winter! We're one & a half years old & spayed.

★ **Lilly (Cross Sausage dog, 11 months)**



I'm a one in a million gal... I have a face of an Alsatian & body of a sausage dog. There's nothing cuter than me! I am spayed.

★ **Shakira (Long Hair Cat, 2 - spayed)**



I'm a little chubby but loving & I make a purrfect house cat, I just need the house (white picket fence & loving owner a must)!

★ **Shaggy (Long Hair Ginger, 6 weeks)**



I'm a male ginger kitten & I'm looking for someone to start my life with. Let me live with you & I promise lots of love & warmth!

**Contacts:**

**Physical Address:** 90 Bofors Circle, Epping 2

**Email:** [jolenne.laughton69@gmail.com](mailto:jolenne.laughton69@gmail.com)

**Tel:** 021 534 6426 **Web:** [www.animasure.com](http://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!

## Pinelands Directory Grows.....

After 4 years of successful showcasing of local business to residents, we're taking the site to the next level.

Max Schutte, a long-time Pinelands resident, has joined the team to run the site and develop new marketing options for advertisers. Over the next few weeks he will be visiting local businesses to introduce these new services and to hear what they would like this website to do for them.

We don't expect these site upgrades to

**Contact:** 021 914 8898,  
[www.barnyardtheatre.co.za](http://www.barnyardtheatre.co.za)

### Stellenbosch Fresh Goods Market

.. is open every **Saturday**. Shop for natural, organic and locally produced foods. Only seasonal food for sale. Also visit the craft market and farmers market.

**Date/Time:** Sat **9 May**, 9am - 2pm.

**Venue:** Dorp Street Square, Bosman's Crossing, Stellenbosch.

**Cost:** Free Entry.

**Contact:** 072 922 9311,  
[www.slowmarket.co.za](http://www.slowmarket.co.za).

### McLaren Circus

The highly-rated, 90 min show includes illusion, balancing acts, acrobats, single trapeze, clowns, contortion and magic as well as performing animals.

**Date/Time:** Ends **17 May**, 3pm and 7.30pm.

**Venue:** Glengarry Village Shopping Centre in De Bron Road.

**Cost:** R40, R50 and R60.

**Contact:** 082 747 5726,  
[www.mclarencircus.co.za](http://www.mclarencircus.co.za).

### A Celebration of Books and Writers

..is taking place at the **Franschoek Literary Festival**. If you crave a good book or would like to listen to authors, poets, readers and publishers talking about their lives, work and passion then this is an even not to miss.

**Date/Time:** Sunday **15, 16, 17 May**.

**Venue:** Franschoek, **check websites below for various event venues and times..**

**Cost:** R60, R20 for students at the door.

**Contact:** [www.flf.co.za](http://www.flf.co.za), [www.webtickets.com](http://www.webtickets.com)

### International Museum Day

..has been celebrated all over the world since 1977. The event provides the opportunity for museum professionals to meet the public and alert them to the challenges faced by museums.

**Date/Time:** Monday **18 May**, 10am.

**Venue/Cost:** **Entry will be FREE at all Iziko Museums in Cape Town**, including the SA Museum, SA National Gallery, Michaelis Collection, Rust en Vreugd, Koopmans-De Wet House, Slave Lodge, Maritime Centre and Groot Constantia.

juices together in a blender until smooth.

2. Heat 1 L water in a pot with the salt & pepper, bay leaves & sliced onion until the water starts to boil. Turn the heat down and gently poach the crayfish tails for about 5 minutes. The cooking time depends on the size of the tails. Remove the tails and keep the liquid for the risotto.

3. Melt 60gms butter in a heavy duty pot until foaming. Saute the finely chopped onion until soft without browning. Add the sliced mushroom and fry until soft. Remove the onions and mushrooms from the pan. Melt the remaining butter in the pot until foaming, add the rice to the butter and fry the rice for a couple of minutes stirring with a spoon. Add the wine, saffron, tomato paste & blended tomato to the pot stirring all the time. Bring it up to the boil and then lower the heat. Finally add the reserved stock or water & season with salt and pepper. Put the lid on and transfer to the preheated oven – 180C. The risotto should cook for about 30 minutes. The rice should be tender and all the liquid absorbed. Add the cream to the risotto for the final reheating.

4. Seat your guests.

5. Cut the tails in half and reheat in the microwave for a couple of minutes. Spoon the risotto into your bowls, top with the crayfish and parmesan cheese, squeeze a little lemon over the crayfish and garnish with fresh coriander.

**Recipe by:**

Clare Bock of [Appetite Catering](#).



appetite  
celebrate the senses



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!

cause any disruptions to the service, but the occasional short outage may occur. We'll do everything possible to avoid or minimise them.

We're also planning a promotional drive to the Pinelands, Thornton and surrounding communities with new attractions to encourage people to visit the site every week. This will mean more value for subscribers taking advertising on the site.

Contact: [www.iziko.org.za](http://www.iziko.org.za).

### Cape Of Good Hope SPCA Golf Day

.....  
..has generated significant funds in the past, enabling Cape Town's oldest animal charity to care and treat an ever-increasing number of animals that pass through their doors each year. Royal Cape is truly a championship course and fantastic prizes on offer make this an ideal opportunity to entertain your golfing colleagues.

**Date/Time:** Friday **29 May**, registration 10am.

**Venue:** Royal Cape Golf Club, Ottery.

**Contact:** Juan August: [www.sPCA-ct.co.za](http://www.sPCA-ct.co.za).

#### Pinelands Library: Clicks Pharmacy:

Mon: 9h30 -20h00

Tues: 9h30 -17h30

Wed: 12h00 - 20h00

Thurs: 9h30 - 17h30

Fri: 9h30 - 17h30

Sat: 9h30 - 12h00

(Central Square)

Weekdays: 8h30 -

20h00

Sat: 8h30 - 20h00

Sun: 9h00 - 20h00

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.**



## Methodist AIDS Events

### AIDS Candlelight Memorial Service

Come join us as we worship, talk, pray and share personal testimonies in memory of those who are and have been affected and infected by HIV/AIDS.

Sunday, 17 May 2009, No. 1 Disa Road, Klipfontein (Methodist Church), Mission Station, Philippi, 16:30 – 18:00

All are welcome to attend.

Contact the church office (week days 9am – 1pm)

on tel: (021) 372 1228 or e-mail: [klipfonteinmethodist@iburst.co.za](mailto:klipfonteinmethodist@iburst.co.za) for more information.

### The Siyaka HIV & Aids Network of The Methodist Church of SA - Cape District

Invites you to an introductory workshop

**The Big Question: "What do we do now?"**

When we know how the virus works, what it looks like, how it spreads; have statistics showing it as a pandemic.

**Join facilitator:** Rev. Andrew Treu

as he covers the above topic

on Saturday, 16 May 2009 at Rosebank Methodist Church Hall from 09:45 for 10:00 until 14:30 Refreshments will be served. A small donation can be made to cover costs.

#### RSVP:

Please call the Thornton Methodist Church office on tel: 531 5839 and leave your name and contact details, or contact Joann Dixon on cell: 072 311 0846 if you're interested in attending.



## Pinelands Ratepayers News

### PINELANDS RESIDENTS AND RATEPAYERS ASSOCIATION

Pinelands Ratepayers' and Residents' Association will be holding their AGM on Wednesday 10th June 2009 at 19h30 in the Pinelands Town Hall. All are welcome.

Nominations for the Executive Committee with the names and phone numbers and/or e mail address of proposer and seconder and signed by the person nominated together with their contact number and/or e mail can be posted to PO Box 15 Howard Place 7450 or placed in the Ratepayers Box in the Library by 1st June 2009.

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Contact Us: Tel: 021 532 2128 Email: [info@pinelandsdirectory.co.za](mailto:info@pinelandsdirectory.co.za) Web: [www.pinelandsdirectory.co.za](http://www.pinelandsdirectory.co.za)