



MAY 2010

» email us » newsletter suggestions » unsubscribe

- » Pinelands water woes
- » The cooling towers come down on 30th May
- » Win a cut & blowdry from Fables

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

Tired of Dieting?



Curves Introduces a New 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.

OPEN TO MEMBERS AND NON-MEMBERS

FREE Weight Management Classes start Sat 8 May at 12pm
FREE for NON-MEMBERS!

[more details...](#)

Contact Curves Pinelands at 021 531 1114

What can you do to help avoid illness this season?



Immunoblast Plus Capsules
boost your immune system to help fight disease

- **Exercise:** Just 30 mins of moderate exercise a few times a week helps keep you fit and able to fight infection.
- **Wash Your Hands:** Transmission of germs from hands to face (eyes, mouth, and nose) is a common way of picking up an infection.
- **Eat well:** A healthy diet supports your immune system and helps replenish the vital vitamins and minerals your body needs.
- **Sleep Well:** Too little, or poor quality sleep weakens your immune system, leaving you more susceptible to infection. Try to get 7-8 hours of sleep each night.



Affordable vitamins delivered to your door

order by phone 021 531 1341
or order online
free delivery in Pinelands

Pharmstore also supplies
Evening Primrose Oil • Calmag C
Omega 3 • Spirulina • Sunbrella
and more

[more details...](#)

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.

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

Out and About



Good Food & Wine Show
CTICC 13 - 16 May

Watch magic, taste heaven and learn from the masters of food, wine, gourmet travel and lifestyle at the Good Food and Wine Show 2010. There's something for everyone...including kids!

This year's Winter Good Food & Wine Show, South Africa's finest food, beverage and lifestyle exhibition, will treat gourmants and good-life devotees to the most sensational line-up of international celebrity chefs yet – including 'Mr Hell's Kitchen' himself, Gordon Ramsay, who will make his first ever public appearance in South Africa, Master Pâtissier Eric Lanlard, the gorgeous Anjum Anand with her fresh take on Indian cuisine, Italian supremo Giorgio Locatelli, and chocolate wizard Willie Harcourt-Cooze.

Some of the feature events at the show

- CHEFS IN ACTION THEATRE
- GET FRESH WITH BBC LIFESTYLE
- OUTDOOR THEATRE
- CHILDREN'S COOKING
- BOOKS FOR COOKS
- BEER & FOOD PAIRING THEATRE
- COCKTAILS
- BRANDY THEATRE
- CELEBRITY CHEF RESTAURANT
- THE SLOW FOOD MARKET
- THE GREAT WINE SALE
- GORDON RAMSAY VIP EXPERIENCE

When: 13 - 16 May
Thu - Sat: 10am - 9pm, Sun: 10am - 6pm
Venue: Cape Town International Convention Centre
Tickets: Adults R80,
Children & Pensioners R40
Pensioners & scholars R45
Details: www.gourmetsa.com

Table Mountain Winter Family Fun



Table Mountain Cableway's family winter special kicks off on Saturday May 1 and runs until Sunday October 31, offering fun activities for the entire family.

Two kids under 18 ride for free with a full-paying adult. This special is valid over weekends and public holidays from May 1 to Oct 31, and every day of the school holidays from Jun 10 to Jul 12 and Sep 24 to Oct 3.

There's a special holiday programme for kids during the five-week holiday which features a Winter Treasure Trail (maps available from the ticket office), spot prizes, magic shows, face painting and craft activities. Children will be entertained and taken on guided walks by the Table Mountain Cableway characters - Ernie the Explorer, Dale the Dassie and the Yeti. There's story-telling of the Myths and Legends of Table Mountain. The Table Mountain Café is offering a delicious kiddies wonderland menu - pizza, hot dog or a chicken schnitzel for R30 each, plus a free cup of hot chocolate or fruit juice.

Times: Check www.tablemountain.net daily
Tickets: Adult return R160 includes 2 children under 18 for free (normal child rate R80). Valid on return fares only
More Details: 021 424 8181
www.tablemountain.net

Cape Town Marimba Festival
21 & 22 May

Delectable Desserts



Pears Poached in Red Wine

Red Wine Syrup:

Ingredients

- 2 cups red wine
- 1 cup water
- 1 1/2 cups granulated sugar
- Stick of cinnamon & slice of lemon
- 6 x pears – peeled and kept whole
- 1 tsp arrowroot or corn flour

Method

- Heat the sugar, red wine and water with the cinnamon and lemon on the stove. The sugar must dissolve completely before the syrup comes to the boil.
- Boil the syrup for 5 minutes before adding the pears. The liquid should almost cover the pears.
- Poach the pears gently for about 1 to 2 hours, turning occasionally with a spoon so that the pears are evenly cooked. The longer the cooking time the better the colour.
- Remove the pears from the wine syrup once they are cooked, and bring the syrup up to a boil. The syrup can be thickened with arrowroot, corn flour or by boiling and allowing the syrup to reduce.
- Pour the syrup over the pears in a dish and cool. This dish keeps very well in the fridge for a couple of days. Serve the pears drizzled with the red wine syrup and cream.



appetite
celebrate the senses

Recipe by Clare Bock of Appetite Catering
tel: 021 689 8547 or 082 412 7211

[more details...](#)



The April competition for the Gourmet Platter was won by Phil Williams.
Congratulations and enjoy!

Competitions



Win a CUT & BLOWDRY from Fables Hair Design

[enter the competition](#)

on the Pinelands Directory website

EduHelp Pinelands

We help children learn to read, write, comprehend and express

The winner of the 3-month tuition course from Eduhelp was Willow Smith, Grade 1, from the Blue School

promote associated services

Howard Centre



Visit the Howard Centre website on the Pinelands Directory

Flight Centre opened in March at the Howard Centre. Visit them at shop G15 for unbeatable deals on flights and holiday packages.

The new **Banking Hall and Food Court** under construction behind the screens is due to open in early May.

Good news about the toilets at the centre... A portion of the new section will be opening earlier and will provide access to the new toilets (located where the St Elmo's Pizza used to be).

Contrary to rumours, Joe Fish assure us that they are NOT moving and that their delightful pavement cafe will remain as is.

New stores due to open at the Centre include: Mr Price, Wimpy and Cell C. Some stores will also be moving to different locations.

Can You Help?

We have had appeals from two of our readers who have both recently moved to Pinelands and are desperate to find permanent accommodation in our suburb.

Lynn Giles is looking for a 2 bedroom cottage to rent in Pinelands for a maximum of R4000 per month for a long lease from 1 June 2010. Lynn is a single, professional non-smoking woman with 1 child of 5 years at La Gratitude Pre-Primary, able to oversee property, animals and staff if owner is absent. Contactable references. Contact Lynn at 071 131 138.

Cheryl Smulders is also looking for a place to rent in Pinelands for herself and her young boys. Contact Cheryl at 082 578 9022

Nonsense A-Men Benefit Performance for Andrew Merryweather



With an all male cast, the world's funniest hit musical "NUNSENSE" has got even funnier. The hilarious musical "NUNSENSE A-MEN" will be staged by award winning director Teddy Davies. Outrageous and hysterical are just two of the words to describe this brilliant production. This is going to be no ordinary production and one that cannot be missed.

When: Sun 16 May at 3pm

Cost: R95

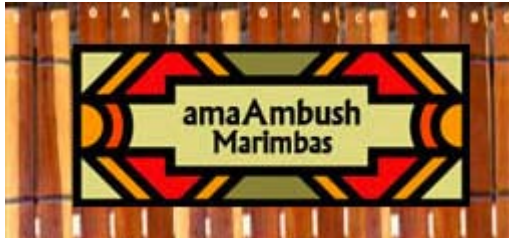
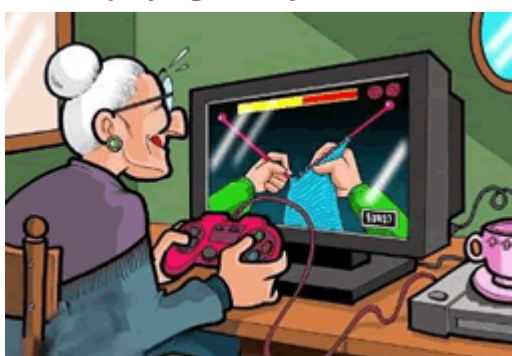
(includes complimentary Lindt chocolates)

Booking & Enquiries: Pat & Ian McDonald

021 531 8261 or 084 300 6388 or email pattypan@iafrica.com

Have a Laugh

What today's generation will be playing in 50 year's time?



Join us for the second annual Cape Town marimba Festival. amaAmbush is a professional Marimba Band. The band's high energy performances have put them in a class of their own - they were awarded 1st prize in the National Marimba Festival and recently received a Cultural Award from the Western Cape provincial government. The band has over 1,000 performances to their credit. They have performed in Argentina, Italy, Malaysia and USA. Locally, they have shared stages with Plush, Prime Circle and the Soweto String Quartet.

When: 21 & 22 May at 7:45pm

Venue: Baxter Concert Hall, Rondebosch

Price: R60

Contact: 021 671 6076

www.marimbas.co.za

The V&A Waterfront Wine Affair 4 - 7 May



The V&A Waterfront hosts the V&A Waterfront Wine Affair. This well loved wine and food festival is the only event of its kind that takes place right at the waters' edge, offering spectacular views and the enjoyment of top Western Cape wineries and V&A Waterfront restaurants.

Participating wine estates will be represented and supported by a uniquely tailored menu from a variety of the award-winning V&A Waterfront restaurants. The Waterfront Lookout, on the roof of the Breakwater Parking Garage is the perfect venue, overlooking the ocean, with breathtaking views of Table Mountain and Cape Town Stadium. Visitors will be spoilt for choice as gourmet exhibitors and restaurants offer delicacies to savour as an accompaniment to your wines. Whether it is sushi, oysters, cheese, charcuterie or perhaps a beef kebab, you will be sure to find the perfect food and wine pairing

When: 4 - 7 May, 5pm - 9pm

Venue: Breakwater Parking Roof

Price: R90 (Tue, Wed & Thu), Fri R110 Includes wine, deli tastings & brochure. Specialised food items, and wine for post-festival delivery, will be on sale.

Details: www.waterfront.co.za

Pinelands Stamp Circle Meeting



An exhibit of Penguins by Jenny Bancroft, as well as exhibits of Cinderella Stamps will be the main feature of the evening. One page exhibits illustrating Pirates and the Circus could prove to be interesting. Visitors are most welcome and stamps are sold in aid of the Red Cross Children's Hospital.

When: Wed 26 May 2010 at 7:30pm

Venue: Pinelands Library Activities Room

Contact: John Horner 082 556 7180



Share With Us

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

Struisbaai, a photographers dream



Struisbaai, a quaint village near L'Agulhas, the southernmost tip of Africa has beautiful sunsets, sunsets, moonrises. The pictures are sunrise seen from inside the Vaenthuskraai cave near Arniston. Glynnis - 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



Councillor's Column

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



- Council passes by-law to deal with problem buildings
- City tables draft budget of R22,8 billion for 2010/11

more details...

about EduHelp



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

★ **Sheila (Alsatian Female - 1 year)**



I'm an active young lady. Give me a loving home & lots of walks; what more could a girl ask for? Other than the odd tasty treat, that is!

★ **Tyla (Male - 1 year old)**



I'm quite shy but with a warm home, lots of attention & love I could be a real cuddle-bunny with a sweet & loving nature.

★ **Hurby (Male - 2 years)**



Not only am I a dashing handsome fellow, I've got a great personality too! Let's elope & go on nice long walks together.

★ **Pluto (Male - 1 year old)**



Who could resist a charmer like me? I'm friendly & full of energy, so let's play ball! Could you be the my potential life long best-friend?

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?

The origins of Fizzy Drinks?

The term "soda water" was coined in 1798. The first bottled soda water came out in 1835. The first ice-cream soda was sold in 1874.

Coca-Cola was invented in 1886 in Atlanta, Georgia by Dr. John S. Pemberton.

Pepsi-Cola was invented by Caleb Bradham 12 years later.

7 Up was introduced in 1929 by the Howdy Company. It was originally called "Bib-Label Lithiated Lemon-Lime Sodas."

Red Bull was formulated by Austrian Dietrich Mateschitz and Chaleo Yoovidhya, from Thailand, in 1987. It is based on the Thai drink called Krating Daeng which means red bull.

No-Cal Beverage was the first diet soft drink, launched in 1952.

Tab was introduced as a diet drink in 1963. Coca-Cola's marketing

department used a computer to generate a list of over 250,000 four-letter words with one vowel. "Tabb" was chosen from the list and shortened to "Tab" during development.

Diet Coke was introduced in the USA on Independence Day in 1982 and quickly overtook Tab in sales.



Your Opinion

Do you buy things on the internet?

More and more things are now available through online shopping. From books and CDs to gifts, airline tickets, groceries and online auction sites like e-bay, options grow daily. Reasons to buy online are sometimes because it's cheaper and there is a wider range available. Buying gifts from online shops is a quick and easy way to take care of gifts for friends and family overseas. Busy people find buying groceries online for home delivery is very convenient. **But what about you.... ?**



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

- City tables new tariffs for electricity, water and refuse
- Athlone Cooling Towers to be demolished on Sunday 30 May

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

[more details...](#)

Pinelands Library Online

The Pinelands Library website is hosted by the Pinelands Directory

Connect with them online at: 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

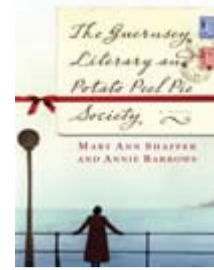
from 15:45 - 16:45

Moms and Tots programme

(children aged 2 - 4)

First and last Wednesday of the month

from 10:15 - 11:00.



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.

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 things run smoothly, 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 pressurise 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 the boundary 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.

Water Problems in Pinelands

A current problem facing Pinelands is water. The valves on the water pipes are failing, which is why water is periodically cut off. No-one seems to know where the pipes run and which areas should be isolated until the leak has been repaired, so water is often cut off unnecessarily. Unfortunately, this problem will only get worse until all the valves are replaced - a very costly exercise. A related problem is sewage because many sewage pipes are too small, leading to blockages and overflows.

Public Consultation Meetings for the use of the Athlone Power station site

There will be public meetings as part of a consultation process for the use of the Athlone Power station site once the towers have been demolished. Meetings will be held on the following dates and at the following venues:

10 May • Pinelands Town Hall, St Stephen's Road, Pinelands 7pm to 9pm

11 May • General Public Meeting Mowbray Town Hall 7pm to 9pm

12 May • Athlone Community Athlone Community Centre 7pm to 9pm

13 May • Langa Community Langa Civic Hall 7pm to 9pm

25 May • Special interest groups Room G1 5th Floor, Podium, Civic Centre

27 May • Special interest groups Room B 5th Floor. Podium, Civic Centre

Contact: Wayne Lowe - HWB Communications

021 462 0416 www.hwb.co.za



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

Pinelands Ratepayers' and Residents' Association exists to look after the interests of Pinelanders. Membership is R30 per annum or, a very special offer, R100 for 4 years.

Download an Application Form

or post your contact details to the Association together with payment.