



NOVEMBER 09: this month we muse over:

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- » Adopt-a-Pet

- » 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



Froggies Daycare And Morning Playgroup

Daycare playgroup for children 18 months to 4 years in a safe and stimulating environment. Froggies also have a Morning Play Group from 7:30am to 12:15pm

- Breakfast, hot lunch and healthy snacks.
- Airline certified advanced first aid training with quick access to further professional medical help.
- Large lawn and trees with plenty of space to play, jungle gym, swings, slide and other facilities.

Fun filled days with a variety of indoor and outdoor activities to develop a happy and stimulated child.

contact • Nicolette Harzon
phone • 021 531 2254 or 072 997 7550
email • wharzon@absamail.co.za



Photo Tours of Cape Town



Photo Tours, based in Cape Town, South Africa offer specialised photographic tours around the city and Cape Peninsula.

They will take you to those special places for that perfect shot. We'll also sharpen your photographic skills and tune your technique to

The Out & About guide



Hout Bay Green Faire Sat 28 November

Envirochild is hosting the third Hout Bay Green Faire - a showcase of green products & services, talks, films & demonstrations to raise awareness about moving towards more sustainable living. It will be a fun day for the whole family with music, games, movies, tasty wholesome food & lots of interesting stalls!

- Solar, wind & pedal power demonstrations, Water-wise tips & devices and raintanks, composting / dry toilets & renewable fuels
- Eco-building exhibit with cobbing demos, earthbag house displays & different methods of saving energy in one's home.
- 3R's (Reduce Reuse Recycle) demonstrations simple recycling & worm bins to create compost. Rubbels Recycled Market, where all the Grade 3's of Hout Bay have created arts & crafts from rubbish & will be selling their wares.
- How to start a veggie garden or community garden, organic food growing courses. Health Path Organic Market offering fresh produce & organic food. Holistic Healing area offering alternative therapists & health products.
- Kids Space with activities, puppet shows & edutainment storytelling by Margi Fischer. Using solar power, talented local musicians will entertain all day. At sunset, Hout Bay's popular music ensemble Shamanzi will perform followed by a fabulous fire-show & dancing until 10pm.

When: Sat 28 Nov, gates open at 10am
Venue: Kronendal Primary School, Hout Bay
Tickets: R10 for adults, R5 for kids 12 & under
Contact: Danielle Klaff 072 797 0904
danielle@envirochild.org
www.houtbaygreenfaire.org

Pinelands North Primary Auction Marathon for Lerato's Hope

Get Cookin!



Chickpea, Pepper & Parsley Salad Serves 4-6 as a side salad

Ingredients:

- 2 tins chickpeas – drained
- 1 large red pepper, diced
- 1 large green pepper, diced
- 1 large yellow pepper, diced
- 1 bunch spring onions, finely chopped, green stalk and white bulb
- 50g finely chopped parsley or any herb
- 100g raisins

Dressing

- 100ml olive oil
- 40ml balsamic vinegar
- 2 TBS wholegrain mustard
- 2 cloves garlic – finely crushed
- Salt & pepper
- 1 TBS sugar

Directions:

- 1 • Pour boiling water over the raisins and leave to plump up for about 15 minutes.
- 2 • Pour water off the raisins and combine all the remaining salad ingredients in a bowl.
- 3 • Mix the dressing ingredients together and pour over the salad ingredients.
- 4 • Marinade overnight or for a few hours.
- 5 • Just before serving, check the seasoning and add more salad dressing if needed.
- 6 • Sprinkle freshly chopped herbs over the salad to serve

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



Adopt-a-Pet

turn your photographs into stories of enduring significance on your journey of discovery of our beautiful Cape. John Spence, your tour guide and passionate photographer, invites you to join him on a journey of discovery to photograph exquisite and fascinating sites, unique features, faces, fauna and flora. With his camera, John has visually explored South Africa, Kenya, Mozambique, Tanzania, Zanzibar, Zimbabwe, Austria, France, Germany, Italy, Portugal, Spain, Switzerland, USA, Australia, Japan and Hong Kong. John is a registered PRESS International Media Photographer.



Howard Centre Update



Construction Continues On The Howard Centre Upgrade

- The first phase of the Woolworths expansion opened on Fri 30 October with an enlarged clothing section. The next phase due to open on 11 Nov will see a further extension of the clothing section and a homeware section. The food hall will also be enlarged when the office space is moved upstairs.
- The new entrance is nearing completion and should open in mid November. Once the new entrance is complete, the new lift and stairs will also be opened.
- Other general upgrades to the ceiling, lights and tiles will start soon, with work scheduled for night-time to minimise disruptions to shoppers.



visit the Howard Centre website for more...

Keryn Smit Certified Financial Planner

Pinelands resident, Keryn Smit, has 16 years experience in the Financial Services Industry and can assist you with:



- Life & Disability Cover
- Retirement Planning
- Business Assurance
- Investments
- Medical Aid
- see more...

Pinelands North Primary School is hosting an Auction Marathon in aid of Lerato's Hope.

Lerato's Hope, founded and based in 2002 in Pinelands is a Christian NGO which builds meaningful partnerships with existing grass roots organisations who care, treat, support and empower poor families affected by HIV and AIDS in the Cape Town areas of Gugulethu, Nyanga, Crossroads and Philippi.



www.leratohope.org.za

When: Fri 6 Nov at 7pm

Venue: PNPS School Hall

Tickets: R30 includes cheese & wine

Contact: Cheryl Henkeman 083 569 5001

Thornton Methodist Church Craft Market

Beads, earthworm farms, homemade cards, woodworking crafts, cosmetics, jewellery, pancakes, tea & coffee



When: Sat 7 Nov, from 9am

Venue: Thornton Methodist Church
cnr Sipres Ave & Chestnut St

Contact: Althea 021 531 0315

Pinelands Craft & Gift Fair

Over 100 crafters, some of the old favourites and plenty of new ones will be there. Don't miss this opportunity right on your doorstep.



This is a wonderful opportunity to find a gift for your child's teacher, to do your Christmas shopping or even to spoil yourself with some of the creative and delicious items on the Market. The atmosphere is relaxed and friendly and we accept debit and credit cards. Restaurant & Coffee Shop open during the above hours for tea, coffee, light snacks and a meal of the day.

When: Wed 25 Nov - Sat 5 Dec

Weekdays: 10am - 8pm

Sat: 9am - 5pm, Sun: closed

Venue: St Stephen's Church Hall,
Central Square, Pinelands

Contact: Chris / Priscilla Smith
021 531 6524 or 083 452 1807

Councillor's Report from Brian Watkins on the Pinelands Directory

www.pinelandsdirectory.co.za/council.php

Alderman Brian Watkins has a page on the Pinelands Directory to report and comment on council matters. Visit the website at the link above.



Current articles include:

Help us find these pets a loving home

These furry friends from the Animal Anti Cruelty League in Epping 2 are looking for a loving home

★ Beerkie (Male - 18 months)



Hi everyone, my name is Beerkie & I'm just a regular dude looking for a loving family with kids. I love children!

★ Trido (Male - 3 years old)



Hi! I'm Trido, the Chihuahua who would love someone who would allow me to sit on their lap all day long! Interested?

★ Pilot (Male - 1 year old)



Hi there, my name is Pilot. I'm a Boxer & I would love my life to finally change by finally finding a safe & loving home.

★ Biebie (Female - 9 months old)



Hi everyone! My name is Biebie & I'm a cross maltese puppy. Please give me a good start to my life & adopt me!

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!



Voice your Ideas

This month we're keen to know
When should Christmas advertising start?
October, November, December?
and the Jingle Bells music?

visit the Pinelands Directory website
www.pinelandsdirectory.co.za
Vote on your opinion and
post your comments

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



Be Amused!

Yes, it even happens in Finland...

contact • Keryn Smit
phone • 021 447 0068 or 082 602 3232
email • keryn@ddfs.co.za

The Pharmstore Delivers Affordable Vitamins To Your Door



The Pharmstore

Calmag C • Evening Primrose Oil
Omega 3 • Spirulina • Immunoboost Plus
Hair, Nail & Skin Tablets & More
free delivery in Pinelands
order by phone: 021 531 1341
or order online

**click for more
details & prices**



- SAPS and Cape Town Traffic Services hold on-going road blocks across the city.
- Arbour Day in Pinelands
- City of Cape Town to employ over 440 safety and security staff to augment capabilities for 2010 World Cup
- City of Cape Town invites you to comment on the Draft Parking By-law

The Pinelands Business Network

THE BUSINESS NETWORK

Next Scheduled Meeting

When: 18 Nov 2009, 7:45 for 8 - 9:30am

includes a light breakfast

Venue: PinelandsLibrary Hall

Contact: To receive an invitation to the next Pinelands Business Network please send an email to pinelands@businessnetwork.co.za or call 076 817 6192 (9am - 3pm)

www.businessnetwork.co.za



Timing is Everything!

Pinelands Library:

Mon 9:30-20h00 Thu: 9:30-17:30

Tue 9:30-17:30 Fri 9:30-17:30

Wed 12:00-20:00 Sat 9:30-12:00

Barnett's Pharmacy:

Weekday 8:30-20:00 Sun 9:00-13:00

Sat 8:30-13:00 Pub Hols 9:00-13:00

Clicks Pharmacy: (Central Square)

Weekday 8:30-20:00 Sun 9:00 - 20:00

Sat 8:30-20:00 Pub Hols 9:00-20:00



Pinelands Library Goes 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 and much 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

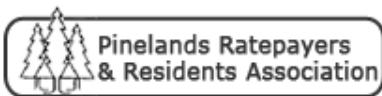
Moms and Tots programme

(children aged 2 - 4)

First and last Wednesday of the month
from 10:15 - 11:00.



Pinelands Ratepayers News



**Pinelands Ratepayers
& Residents Association**

Visit the website at www.pinelandsdirectory.co.za/prra.php

The Association held a General Meeting held on Wed 21 Oct at the Pinelands Town Hall. Notes from the meeting are available on the PRRA website. Topics include:

- Special Rating Area (CID)
- The functions and benefits of the Association
- Building Developments
- Jammie Shuttle and UCT students
- Poisoned dogs
- Recycling
- Non-delivery of Tatler and People's Post

Join the Association

Pinelands Ratepayers' and Residents' Association exists to look after the interests of Pinelanders. For an annual fee of R30 you can become a member and contribute to this service.

Download an Application Form

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