



monthlymuse
the pinelandsdirectory news

OCTOBER '09: this month we muse over:

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Visit the Pinelands Directory Website
www.pinelandsdirectory.co.za
for more local news and information

 Business Profile



Sidewalk Sale and Shopping Competition

 The Out & About guide



Cape Town International Kite Festival

Muizenberg again comes alive in October as hundreds of kites fill the skies. The atmosphere is festive and is a visual extravaganza whilst highlighting the rich multi-cultural diversity of the Western Cape. The festival is an annual fundraiser for Cape Mental Health, a 100 year old non-profit organisation offering free community-based services and support to children and adults with mental disabilities, as well as those who suffer from emotional trauma and break-down. Some of the attractions:

- Show kites from around the world
- Loads of competitions and prizes
- Food stalls, craft market kids train rides, jumping castles, competitions and much more
- Come and fly your own kite.

When: 10 & 11 Oct 2009, 10am - 6pm
Venue: Zandvlei, Muizenberg
Cost: R5 - R10
More Details: Shameemah Wallace
021 697 3566
shameemah@event-telligent.co.za
www.capementalhealth.co.za/kite/index.htm

Pinelands Spring Garden Show

Pinelands Rotary Anns will hold their annual Spring Garden Show, featuring six gardens in Pinelands on Sat 10 October to raise funds for charity and to show others how to cope with the harsh conditions of gardening on the cape flats.



The gardens are all different and range from large cottage gardens with "rooms" to water

 Get Cookin!



Fresh fruit skewers with berry coulis - serves 4-6

Ingredients:

- 1 packet kebab sticks
- 1 pineapple
- 4 kiwi fruit – ripe but not soft
- 400g strawberries
- 2 papinos
- Mint for garnish

Berry coulis

- 400g strawberries
- 100ml water
- 50 – 100gms sugar
- 400g strawberries
- 2TBS lemon juice

Directions:

1 • Peel the fruits and cut into chunks of similar sizes and thread the fruit onto the kebab sticks.

Berry Coulis

- 2 • Wash the strawberries, cut off the green stalks and cut into slices.
- 3 • Put the strawberries, water and castor sugar into a pot and heat gently until strawberries are soft.
- 4 • Allow to cool and blend with hand blender or food processor until smooth.
- 5 • You can sieve the mixture to remove the seeds or use the coulis as is. If too sweet add a little lemon juice to the coulis. Serve the fruit skewers with the berry coulis and garnish with mint.

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



SIDEWALK SALE
Fill More Bags For Less
1st to 3rd October

Shop today.
Win tomorrow!
Win R10 000 every month!

Spend R100 or more at a participating store four times between 25 Sep & 21 Nov and stand a chance to win terms & conditions apply

Visit the Howard Centre Web Page on the Pinelands Directory
www.pinelandsdirectory.co.za



impressions . . .
timeless photos taken in South Africa, Egypt, Namibia & Zanzibar.



Günther Komnick's recently published, 486 page coffee table book.

[more about impressions . . .](#)

Günther Komnick Studio

situated in Pinelands, established since 1965

**Photography
Graphic Design
Desktop Publishing**



- brochures
- catalogues
- newsletters
- financial reports
- books
- calendars, posters,
- banners
- corporate identity development

[more about the studio . . .](#)



The Pharmstore

**The Pharmstore Delivers
Affordable Vitamins To Your Door**

Spring Special Offer

Include a 200 ml bottle of Totonik Syrup for R20 in your next Pharmstore order over R35, and receive a gift from our OTC range of products.



Totonik Syrup is a nutritional supplement suitable for the entire family. Importantly, it contains no alcohol. It has a pleasant flavour, and because it is liquid, is easy to take, particularly for the very young and the elderly who are not able to swallow tablets or capsules.

We also offer

- Calmag C
- Evening Primrose Oil
- Omega 3
- Spirulina
- Immunoboost Plus
- Hair, Nail & Skin Tablets



wise garden designed to show a low carbon footprint and an old age home where the residents maintain the garden. While the whole of the Western Cape has a Mediterranean weather pattern, the Cape Flats, which stretch from the False Bay coast to the Atlantic Ocean, have to battle with hypohobic (soil that becomes oily when watered and the water pools on the top) and infertile soil, plus the dry summer wind and the winter rain.

Tickets are R30 and include entry to all six gardens, as well as a cup of tea or coffee and slice of cake at the Tea Garden at 19 Riverside. There will be cool drinks for sale

The charities that we support all encourage the protection of women and children and include "Ons Plek" which is the only home for girl street children in the Western Cape, the feeding scheme at the Ruitewacht primary school and food parcels for HIV persons in Khayelitsha.

When: Sat 10 Oct - 10am to 5pm
Venue: Gardens around Pinelands
Tickets: cost R30
Contact: June Smart: 021 531 4954
Diana McGrath: 072 479 8144 or 021 531 4005
mcgrathfam@eject.co.za



**The Amazing Duck Race
Saturday 31st October**

The La Gratitude Pre-Primary School in Pinelands will be holding it's annual fundraiser "The Amazing Duck Race" on Sat 31st October.

A fantastic day to be enjoyed by the whole family. We raise funds for the school by selling and racing ducks down the Elsiekraal Canal in Pinelands while having a fun family day.

The duck race is supported by a day full of fun and activities: A Craft Market at the school where you can enjoy food, games for the kids, entertainment for the kids and adults alike.

There are 3 race categories with fabulous prizes:

1. **School Race** for La Gratitude kids (R10/duck)
2. **Corporate Race** for companies who buy ducks to support the school (R50/duck) and sponsor prizes
3. **Main Race** for general public who have bought a duck (R10/duck).

Come and enjoy this exciting day with us.

When: Sat 31st Oct
Venue: La Gratitude Pre Primary



Adopt-a-Pet

Help find these pets a loving home

★ Penny (Female - 3 years old, Spayed)



Penny for your thoughts on why you're not here yet to fetch me? Please, I would love a family to adopt & love me.

★ Sky (Male - 8 months old, Neutered)



Hi everyone, my name's Sky! I'm still a pup who's gentle & affectionate, & looking for a caring family of my own.

★ Bandit (Male - 2 years old, Neutered)



I'm a bassit crossed staffie, & the nicest bandit you'll ever know! I'm very playful & love attention. C'mon, give me a try!

★ Lady (Female - 1 year old, Spayed)



I'm a Calico kittykat. I'm always 100% lady & I just want a home & family to love. I'd be purrrfectly happy just to sit on your lap!

See adoption details below:

Contacts:

Address: 90 Bofors Circle, Epping 2
Email: jolenne.laughton69@gmail.com
Tel: 021 534 6426
Web: www.aacl.co.za

Adoption Fees

(incl. micro-chip, sterilization & vaccination)

- **Cats & Kittens** : R200
- **Large Dogs**: R470
- **Medium, Small Dogs & Puppies**: R400

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 what you think is the best thing on a braai

Wors, a lekker dik steak, chops or chicken or maybe you go for veg...

visit the Pinelands Directory website

www.pinelandsdirectory.co.za

Vote on your choice and post your comments

Email us your suggestions...

What would you like to see on the MonthlyMuse and PinelandsDirectory website?

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



Contact: For further information, to buy a duck,
book a stand or to donate a prize:
Trish du Preez (Fundraising Coordinator)
083 701 7588
tdupreez@new.co.za
Lynda Gous (School Secretary)
021 531 4961 (Mornings only)
lagratitude@polka.co.za

THE BUSINESS NETWORK

Special Event

Pinelands Business Network and Peak Inn Manor invite you to our wine tasting (Kings Family Vineyard). Also present will be Honey Jewellery, Clare Bock of Appetite, Charlotte of 'Homemade', Body basics "Massage on the Move" plus two caterers showcasing their products.

When: Sat 10th Oct, 3-6pm

Venue: Peak Inn Manor, 20 Peak Drive

Contact: network@pinecottage.co.za to let us know if you can join us

Regular Scheduled Event

When: 14 Oct 2009, 7:45 for 8 - 9:30am
includes a light breakfast

Venue: Pinelands Library 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

Councillor's Report from Brian Watkyns on the Pinelands Directory



Alderman Brian Watkyns has a site on the Pinelands Directory to report and comment on council matters.

Current articles include:

- 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

Visit the Councillor's Report website at
www.pinelandsdirectory.co.za/council.php

(still) Looking for Pottery Classes in Pinelands

A reader has asked us if there are any pottery classes in Pinelands where wheel work is available. We don't know of any, so if you offer classes or know someone who does, please let us know by emailing us at info@pinelandsdirectory.co.za

Be Amused!



Does this sign makes you feel really confident about getting out of the the plane in a hurry?

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.

- Friends Of The Pinelands Library hold their AGM on 8 Oct, 9:30am in the Upstairs Committee Room at the Pinelands Library. The Friends of Pinelands Library is a group of booklovers, readers and library users that share and support the aims of Pinelands library. They make a contribution to the community and supplement the service offered by the library. They hope to see you at the General meeting. Tea / coffee will be served.



Pinelands Ratepayers News

The Pinelands Residents and Ratepayers and Residents Association website is on the Pinelands Directory

Pinelands Ratepayers' Committee find the latest design for the development on the Old Police Station site to be aesthetically pleasing and to meet their concerns relating to traffic hazards. Public comment on the latest design is invited.

The latest proposal was deemed aesthetically acceptable but concerns were raised about delivery and rubbish removal. It was agreed that suitably placed embayments on St Stephens Rd for rubbish removal and on Central Sq side for delivery should suffice and as a result the architect has provided an updated plan for the site. There are 10 parking bays at street level, plus 8 for bikes. There are also 34 underground parking bays, most likely for the for exclusive use of tenants.

Regarding demolition of the old building, it appears that permission has been granted unless there is an appeal lodged to the effect that proper procedures were not followed ie that interested and affected parties were not informed that they could appeal the decision. As the PRRA has expressed their acceptance of the aesthetics of the building and the addition of the two embayments there will be no objection lodged by them.

What are your thoughts on this?

Visit the Ratepayers Site on Pinelands Directory at www.pinelandsdirectory.co.za/prra.php

where you can see updated plans and drawings of the updated design and express your view there.



