

September 2010 [» email us](#) [» newsletter suggestions](#) [» unsubscribe](#)

» Recapture your vitality with Tai Chi.
 » Recycle your eWaste responsibly today!
 » Have fun with our puzzle and win!

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

Local Business

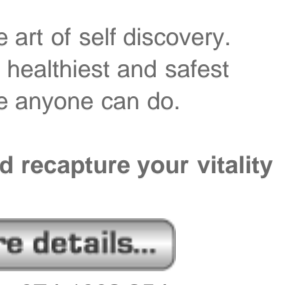


Get R300 off your spectacles from McKenna & Scott Pinelands
 Only valid at Pinelands Branch
 Offer expires 15 Sep 2010

WE SPECIALISE IN
 Paediatric Vision
 Age-Related Disorders
 Glaucoma Screening
 Contact Lens Fitting
 Binocular Vision
 (eye movement disorders, double vision, squints)



Tai Chi



Tai Chi Class Promotional Offer
 Tai Chi beginners class starts in October

Venue: 1st Pinelands Scout Hall
 Times: Mon & Wed, 6pm - 7pm
 Fees: R320 per month

Special Promotional Offer
 Join for 3 months for only R750

Tai Chi is the art of self discovery. It is also the healthiest and safest exercise anyone can do.

Join a class and recapture your vitality

more details...
 Phone: 074 1008 954
 Email: info@lao-kung.co.za

Asia on Sale



Flight Centre Pinelands Unbeatable Asian Holidays
 Exotic cultures, delicious cuisine, smiling faces - that's Asia. Immerse yourself in all the highlights that make Asia such a popular holiday destination.

All-inclusive Asia
 Choose between Club Med in Bali, Phuket or Cherating Beach Malaysia

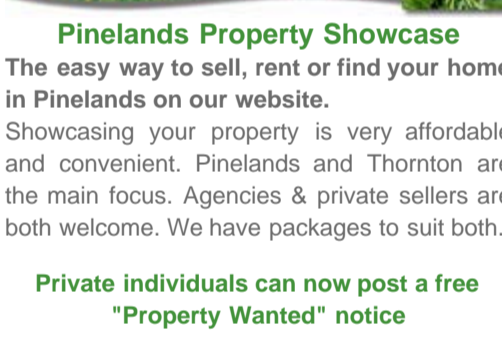


Amazing Asia
 Spoil yourselves with a Far East Cruise, a Taj Traveller Tour of India, a Sensational Singapore City Break or a Beach Holiday in Bali, Phuket, Thailand or Malaysia

Can't choose?
 We also offer combination packages.

more details...
 Flight Centre Pinelands
 Howard Centre
 021 532 7800

FLIGHT CENTRE Unbeatable



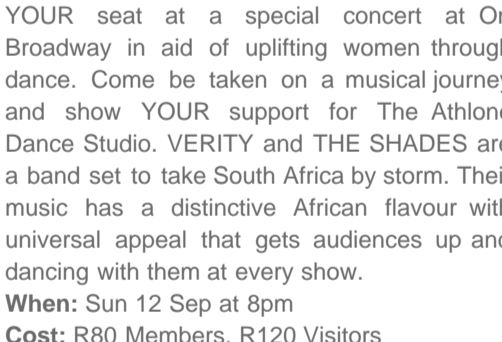
Join Now 50% OFF*



Burn up to 2000 kilojoules in 30 minutes? Believe it.
 Our 30-minute circuit works every major muscle group, two muscles at a time, so you can burn up to 2000 kilojoules. All with a trainer to teach and motivate.

more details...
 Curves Pinelands
 37 Millside Park, Morningside Rd,
 Pinelands, Cape Town
 021 531 1114

Property Showcase



Pinelands Property Showcase
 The easy way to sell, rent or find your home in Pinelands on our website.
 Showing your property is very affordable and convenient. Pinelands and Thornton are both welcome. 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
 contact us at 073 644 1288 or
info@pinelandsdirectory.co.za
 to show your property or promote associated services

THE BUSINESS NETWORK

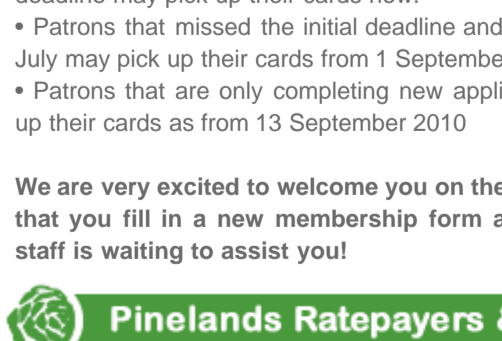


Business Network Presents Verity & The Shades "Support A Dancer" Fundraiser Concert

25% of proceeds go to The Athlone Dance Studio
 Verity has shared her inspiring entrepreneurial story with many of our members and now her truly unique African band are challenging YOU to be part of making a difference by booking YOUR seat at a special concert at On Broadway in aid of uplifting women through dance. Come be taken on a musical journey and show YOUR support for The Athlone Dance Studio. VERITY and THE SHADES are a band set to take South Africa by storm. Their music has a distinctive African flavour with universal appeal that gets audiences up and dancing with them at every show.

When: Sun 12 Sep at 8pm
 Venue: R80 Members, R120 Visitors
 Venue: On Broadway, 44 Long Street
 Cost: R100
 Bookings: bookings@bnonline.co.za or call Lynette on 021 6975148 during office hours. Bookings close 8 Sep.
 More About Verity: www.iamverity.com

Have a Laugh



"Wonderful! Just wonderful... So much for filling them with a sense of awe."

Out & About



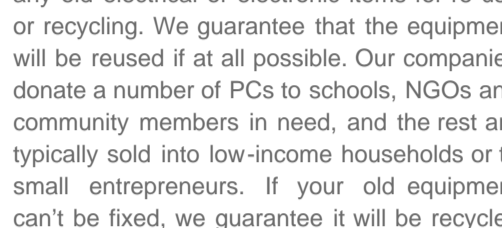
Teen Fest SA Sat 18 Sept

A one-day teen festival for all teenagers and their parents researching the best options for their future, with music and entertainment.

Visitors will be given insight into the different schooling options, tertiary studies & tutoring, hobbies, extreme sports, décor, health & wellness, fashion & accessories as well as gadgets & electronics to name but a few. Not only will you be more informed about the options available, but you will also feel more comfortable with decisions on student finance, gap-year traveling packages and transportation best suited for your needs.

Venue: Ratanga Junction
 When: Sat 18 Sep
 Tickets: R160 per person
 Contact: 021 556 6052 or chris@teenfest.co.za
www.teenfest.co.za

Pinelands eWaste Spring Clean Day Wed 1 Sep



We Want Your Waste! The e-Waste Alliance in proud partnership with the IWMSA WC Branch and Jeffares & Green Consulting Engineers announces its first public e-waste collection and information event. The Alliance will also raffie off a PC, two clocks made from e-waste, and other prizes!

The eWaste Alliance, a collaborative effort of Capetonian businesses born out the need to safely manage our e-waste, is holding a collection day in Pinelands when you can bring any old electrical or electronic items for re-use or recycling. We guarantee that the equipment will be reused if at all possible. Our companies donate a number of PCs to schools, NGOs and community members in need, and the rest are typically sold into low-income households or to small entrepreneurs. If your old equipment can't be fixed, we guarantee it will be recycled in an environmentally responsible manner.

Your old cell phone, the broken microwave you kept or a printer replaced years ago. Most of us have a hard time getting rid of old electronic equipment, even if we aren't entirely sure why. Most of the time, we think we might need it again, but mostly, we didn't know what else to do with it! Now you know!

Venue: Jeffares & Green premises, 14 Central Square, Pinelands
 When: Wed 1 Sep, 8am - 5pm
 Tickets: R135
 Contact: Susanne Dittke at 083 462 6665 or envirosense@xsinet.co.za

Boulevard Blues



The Big Spring Boogie Fundraiser Sat 11 Sep

Join us at the Pinelands Club for a mega charity fundraiser on 11th September 2010, featuring The Boulevard Blues Band. All funds raised to go towards children being treated for cancer at the Red Cross Children's Hospital.

Pizzas, beerwors rolls and a w-i-d-e variety of beverages will be on sale. Fun activities will be on the go for the kids. Exciting Raffle ticket prizes on offer, including a set of garden furniture.

Venue: Pinelands Club, Lonsdale Way, Pinelands. (next door to Garden City Heights)
 When: Sat 11 Sep, 1st set kicks off at 4pm, so get there a bit earlier
 Tickets: R80 per adult, kids under 12 free
 Contact: Diane on 084 500 7071 or dianeaird@gmail.com

Pinelands Schools Indoor Hockey Championship • 14 Aug - 18 Sep

Mixing different players from the 4 Pinelands primary schools into 10 exciting franchised indoor hockey teams. The best boy and girl hockey players from the local primary schools will be put into 10 franchised teams (5 boys' teams and 5 girls' teams).

These teams will compete weekly, on a round robin basis until we reach the playoffs and crown our winning teams as the 'Pinelands' Schools Indoor Hockey Champs 2010'. The teams have been sponsored by local Pinelands businesses, which has enabled us to run this event free of charge for the children taking part. The Championship is providing some exciting hockey and will definitely boost the level of hockey in our local primary schools.

Venue: Thompson Hall (Sports Hall), Pinelands High School, use back entrance off Lonsdale Rd
 When: Every Sat morning until 18 Sep, 8am - 12:30pm
 Contact: Duron Wright - 0826874552 or hockey.psi@gmail.com

CANNONS CREEK INDEPENDENT SCHOOL



Cannons Creek Wine Auction and Cheese & Wine Tasting • Thur 2 Sep

Your ticket will entitle you to a complimentary wine glass, as well as a cheese and wine tasting before the auction and action begins!

Everybody will receive a bidding paddle and your details will be registered on arrival. This is a non-threatening entry into the world of professional auctioneering with lots of banter and laughter. Every guest will have an index list of wines before the auction and you will see that there is a wide range for all palates and pockets. We are also repeating the very successful sporting memorabilia auction again this year. Invite everybody you know. The event is open to all!

When: Thur 2 Sep at 6:30pm
 Venue: Pinelands Town Hall, St Stephens Road, Pinelands
 Tickets: R60 per person
 Contact: Wendy Hewitt on 021 531 0912 or Terri van Hagt on 021 531 5011

Pinelands Stamp Circle September Meeting

The Pinelands Stamp Circle monthly meeting will be held on 29 Sep at 7:15pm in the Activities Room of the Pinelands Library. The main exhibit will be a selection of official Cape of Good Hope mail by Hugh Amooore, an interesting subject for those interested in the colony's postal history in the late 1800's. One page exhibits on Tyrants/Dictators will also be on display. Interesting exhibits will be on display in the Circle's competition. As usual material will be on sale in aid of the Red Cross Childrens Hospital.

When: Wed 29 Sep at 7:15pm
 Venue: Pinelands Library Activities Room
 Contact: John Horner jnh@intekom.co.za

Theatre Craft Drama Show at Pinehurst Primary • 16 - 18 Sep

Over 90 Theatre Craft Drama pupils from Pinehurst will present "2010 Revue". A variety show of skits and sketches it includes everything from Mowgli to Egyptian mummies, and Cats to Camels to 1920's Cabaret.

Produced by Paula Pursch and performed by Grade 1-7 Theatre Craft drama pupils.
 When: 16 to 18 Sep at 7pm
 Venue: Pinehurst Primary School, Pinelands
 Contact: 021 531 1855 or info@paulapursch.co.za

Councillor's Column

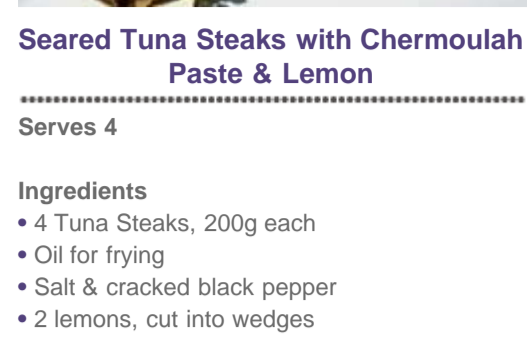
Councillor's Report from Brian Watkyns

Current articles include:

- Howard Centre: Redevelopment Issues
- Nightingale Way: Traffic Calming Measures
- Pinelands Police Station: Inadequacy of current premises

more details...
 Read more on these issue on the Councillor's page on Pinelands Directory

Spring Lunch



Seared Tuna Steaks with Chermoulah Paste & Lemon
 Serves 4

Ingredients

- 4 Tuna Steaks, 200g each
- Oil for frying
- Salt & cracked black pepper
- 2 lemons, cut into wedges

Chermoulah Paste

- 2 garlic cloves, peeled & crushed
- 3 Tbs chopped coriander, leaves and stalks
- 3 Tbs chopped parsley leaves
- 1/4 tsp turmeric
- 1/2 tsp paprika
- 1/4 tsp cayenne pepper
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 2 Tbs freshly squeezed lemon juice
- 4 Tbs olive oil

Method

- Blend all the Chermoulah paste ingredients together until smooth.
- Rinse the tuna, pat dry and marinate in the paste for about 4 hours – the longer the better.
- The tuna can be pan fried very quickly on a hot skillet pan with salt and pepper or brailed.
- Serve the tuna with any remaining marinade spooned over the fish, mayonnaise & lemon.

appetite celebrate the senses

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

Competitions

Win A R150 Prize From Pinelands Directory!



Here is a map of canals linking cities. The cities are marked by letters. Start at the blue city marked T, (at the bottom), and see if you can spell a complete English sentence by making a tour of all the cities, via the canals, visiting each city only once, and returning to the starting point.

email your answer and contact details to info@pinelandsdirectory.co.za
 We'll announce the winner on the website on 15 September

When this puzzle originally appeared in a magazine, many readers said "There is no possible way." Yet, it is a very simple puzzle!



Radka de Beer Receiving Her World Cup Memory Competition Prize From Foto First



Be sure to also check their Specials
 Mounted Photographic Canvas Prints
 Photographic Poster Prints
 FujiFilm & Pentax Cameras
more details...

Your Pictures & Stories



Now Just a Memory The Towers on Sun 22 Aug
 by Glynnis Schutte

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

Did You Know?



New Consumer Protection Act comes into effect on 29 October
 In case you did not know, the new Consumer Protection Act comes into effect on 29 October 2010 and places certain new obligations on the marketer or seller of goods and services.

The penalties for contravention of the Act are steep, and anyone who either markets or sells goods and services of any nature is affected and should be sure of their compliance with this legislation.

Amongst others, The Act has important new requirements governing:

- Trading Names
- Product Liability
- Warranties on New & Repaired Goods
- Direct Marketing
- Plain Language Requirements
- Promotional Competitions
- Prepaid Vouchers & Credits
- Customer Loyalty Programmes
- Cooling-off Periods
- Term, Renewal & Cancellation of Contracts
- Written Agreements
- Overselling & Overbooking

At the Pinelands Directory, we aspire to be ethical and compliant in our business dealings, so we would urge our clients to be aware of the important provisions of the new Act, which has implications for all businesses advertising, promoting and offering their goods and services to the public.

Read the brief article we have prepared here. You can also access a full copy of the new Act on this page

SEE MORE

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

★ **Cocoa (Male - 1 year)**
 I'm a miniature cross pincher with a smile as wide as a Cheshire cat! I love to play so make my day & invite me to come & stay for good.

★ **Beauty (Female - 2 years old)**
 I'm a Husky cross who's just waiting for a family of my own to come adopt me & my loving heart. I have already been spayed.

★ **Future (Male - 1 year)**
 I'm a Dashund cross, & love to spend lots of time being hugged & kissed, so if you're affectionate we'd be a perfect match.

★ **Willy (Male - 9 months)**
 I'm a cross staffie. I'm still a puppy & love to play & catch balls! I'm sitting here, waiting, wishing for a family of my own.

Contact:
 Address: 90 Bofors Circle, Epping 2
 Tel: 021 534 6426
 Web: www.aacl.co.za
 Email: joelene.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.

Pinelands Library Online

We are on Brocade!
 The staff of Pinelands library would like to thank all our loyal patrons for their patience and cooperation during the migration process.

The first week was hectic but things are slowly returning to normal. The new library system was officially implemented on 10 August and it completely replaces the old Bookplus system.

Please note:

- A new library card will only be issued if there are no books or fines outstanding on the old Bookplus system.
- When picking up the new card, please bring your ID and old Bookplus card with you.
- Patrons that completed their applications before 30 June 2010 deadline may pick up their cards now.
- Patrons that missed the initial deadline and completed the forms by 31 July may pick up their cards from 1 September 2010
- Patrons that are only completing new application forms now may pick up their cards as from 13 September 2010

We are very excited to welcome you on the new system and request that you fill in a new membership form as soon as possible. The staff is waiting to assist you!

Pinelands Ratepayers & Residents Association • Local Civic Groups



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

email pinelands.ratepayers@gmail.com

phone 021 531 5604

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.