TIMES TO REMEMBER

DOUGLAS WELLS

HISTORY

OUR HERITAGE

OUT & ABOUT

We meet Pieter-Dirk Uys
IN DARLING

COMMUNITY TRAVELLERS

ANTARCTIC TRAVELLERS

DAVE AND DIDO

FOOD

TRADITIONAL BOBOTIE RECIPE

By Heleen Meyer

YOUR GUIDE TO LOCAL NEWS, EVENTS, PEOPLE & PLACES
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HISTORY AND HERITAGE

Every generation has its own history and memories that many youngsters do not seem to understand nor appreciate. If you are getting on in life, you already know this. If you are still young, you too will someday find yourself saying the same thing. What is modern and progressive today will become old-fashioned and conservative, and probably sooner than you think.

In defence of the younger generation though, the pace of change in our lives today is faster than ever before and far more competitive, and this continues to accelerate. It’s hard to devote time to study and understand the past when you are fully occupied in just keeping up with life and surviving in the present.

However, humankind needs to learn from the collective wisdom of past generations. There is value in knowing and understanding how societies worked or what made them fall apart. An understanding of this lets you "read the signs" in the present and helps you predict what is likely to happen next, for no matter how far we advance technologically, the basics of human behaviour do not change much. The saying that “History repeats itself” is true – because we keep failing to recognise and learn from the same patterns that have recurred many times before.

In this vein we have a “heritage” theme this month, recalling some of Pinelands’ history. We hope you enjoy our collection of articles and hope it helps you to understand our unique and special suburb a little better. We would also like to thank the many contributors who supplied stories and photographs.

This month we’ve also made a few cosmetic changes to our magazine design. We hope you like them.

Enjoy the issue!
Max Schutte
Gaia Waldorf School

is a young, innovative school
situated in the Oude Molen Eco Village in Pinelands. We provide
a Waldorf Curriculum which is
richly reflective of the unique
and diverse aspects of our
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The school follows Christian
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to have the initiative and the
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of purpose and reverence
within the wider community
and beyond.

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life on earth, so we
at Gaia embrace &
unfold the precious
gifts of diversity in
every human being.

ENQUIRIES
Gaia Waldorf School
Phone: 021 447 0546
www.gaiawaldorf.co.za

COMMUNITY
CALENDAR

29 April – 2 May
SA CHEESE FESTIVAL
This year, visit the SA Cheese Festival on the
farm Sandringham, near Stellenbosch.
There’s plenty of entertainment for both
adults and children with cooking demos,
cheese and wine tasting, cheese vendors
and craftsmen as well as a fun tour on the
journey of milk, from green pasture to the final
dellectable piece of cheese. Limited tickets are

29 April – 2 May
DECOREX AT CTICC
Home decor and design exhibition. Show-
casing everything from furniture, kitchens and
bathrooms, fabrics, and décor accessories to
lighting, fine finishes and all essentials for in
and outdoor living.

30 April and 2 May
SA NATIONAL CIRCUS
The children will love the multiple acrobatic
acts, magic shows, and the gravity defying
acts of the trapeze artists . They will gasp as
performers leap through hoops of fire, and
they will shriek with delight when the clowns
come on stage. There are no animals used
in this fun presentation by the South African
National Circus School. Find them at 2 Willow
Road next to the Hartleyvale Stadium. Booking
essential at 021 692 4287.

5 - 8 May
TASTE OF CAPE TOWN
Sample signature dishes from the Cape’s finest
restaurants and chefs at the Green Point Cricket
Club. Great entertainment complimented by
fine wines, champagnes, refreshing cocktails
and an assortment of food related exhibitors.

26 - 29 May
GOOD FOOD AND WINE SHOW
The Cape Town International Convention
Centre is hosting this gourmet exhibit which
brings together international celebrity
chefs and the best local talent under one
roof. Complete with cooking classes and
performances for children, visitors can take a
break from their normal routines and savour
a day full of entertainment, inspiration and
dulgence. 10am to 9pm. R45 - R85 p/p

SEND US YOUR EVENTS! Email muse@pinelandsdirectory.co.za.

DATES TO LOOK OUT FOR
29 April – Royal Wedding: HRH Prince William of Wales & Catherine Middleton.
2 May – Public holiday
18 May - Municipal Elections.
16 - 19 June – Book Fair at CTICC.
To Sell or Not to Sell? - That is the question.

No, this is not the opening line of a soliloquy from a Shakespearean play, but the difficult question that sellers are asking themselves with the uncertainty in the current property market. As the housing market struggles to get back on its feet, and with economists suggesting that there will be an increase in interest rates before the end of this year, home owners need to seriously consider their reasons for selling. The prediction is that in the next interest rate cycle, if rates peak at around 12% (presently 9%), it will mean an increase of R2000 per month on a bond of R1m.

If you need larger accommodation, now would be the time to sell as properties at the upper end of the market are declining in value at a faster rate than the less expensive properties. This means the gap between buying and selling is becoming smaller. If you are looking to retire the news is not so good. If your home is part of your pension plan it is not going to produce the desired capital that you were expecting.

If you need to reduce your debt burden then do it sooner rather than later as property prices will not increase in the next two years. Interest rates are at their lowest in 30 years and it has had very little benefit for the market. With the expectation of interest rates rising, your debt will become even more expensive.

Wanting to downscale? Then the price of your property must be market related. Cheaper homes are more in demand and it makes no sense trying to sell at an inflated price. By the time you get an interested buyer the cheaper one has already sold. You might consider the rental option but then you must factor in the risk of the tenant not paying his rent. If you have concerns about servicing your loan repayment if the tenant defaults, then rather sell and invest the money in a less risky investment.

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Carefully consider the returns that you are getting as you are unlikely to achieve much capital growth in the next few years. If you have no valid reason to sell, do not test the market. Rather consider improvements to your home. It is cheaper than moving. This is not a market for uncertainty and requires bold decision making. When consulting your agent explain to him your real reason for selling so that he can give you professional advice on pricing your property. It is in no one’s interest to have a property on the market for months on end trying to achieve the improbable.

If you need any advice on buying or selling or have any questions answered then please e-mail me on meyer@seeff.com or contact me on 082 807 0633

FEATURED PROPERTY

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Bedrooms 3   Bathrooms 1

Lounge with feature fireplace & dining nook, separate guest suite/teenpad, carport with auto gate, sought after position.

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pinelands@seeff.com

Meet Loraine Meyer

Loraine came to Pinelands from East London in 1972. In 1985 she started in the property industry, working for a small agency. She sold her first home in Mareola Way for R100 000 to the Burdett’s who still live there today. In 1986, together with Johan, she opened up the Seeff Property Training Academy from offices in Sea Point.

For the next ten years they ran the academy training in excess of 20,000 agents in the industry. In 1995 Samuel Seeff offered her the opportunity to become a partner in Seeff Pinelands. In her first year as agent with Seeff she sold 34 properties and became an achiever agent in the Seeff Group.

Under her guidance, commitment and hard work the Pinelands agency grew from a small business consisting of three agents, to where it is today employing a staff of 10. The branch has achieved many awards and accolades at the annual Seeff Conventions.

Every year for the past eight years Seeff Pinelands has been nominated as the best small licensed business in the group and in the last three years has won the award for the rental office of the year.

Loraine’s first love is not property. It is a passion for music, live theatre and musicals. As an accomplished organist she played at many weddings and funerals and was the regular organist for the Baptist Church in Pinelands. She also helped out at the Methodist Church in Thornton for a number of years until 2002 when she and her husband relocated to Newlands.

She enjoys spending her free time with her three grandchildren whom she loves to bits.

Loraine prides herself in providing excellent client service and her staff is available for all your property needs. Please contact her on 021 531 7507
**LOCAL NEWS**

**NEIGHBOURHOOD STREET BRAAI**

From Jean Wilmot

How well do you know your neighbours, and I don't mean “bosom-buddy” style. Have you ever driven down your street and wondered who lived in a particular house? Well there is a very entertaining way to find out. Have a Street Braai!

The residents of Rhone have been doing it annually for the last 15 years. The very first was held in the middle of the street and was a source of curiosity to a few cars who stopped to find out what was happening. We have become “civilised” now and meet in someone’s garden which is much more comfortable.

We have wished old friends farewell as they moved on and new folk are welcomed into the street at the next braai. We know who lives where and keep an eye out for each other without being nosy or living in each other’s pockets. Try it some time. It’s great fun and all it takes is for one person to co-ordinate.

Too cold for a braai now? We have snug soup and pudding evenings in winter as well... now there’s a thought!

We look forward to hearing about other street get-togethers.

**RED-A-FAIR REPORT**

From Julie Tobiansky

The Red-a-Fair was a great success! We raised R140 000 towards our new aftercare building but more importantly our kids had fun! The weather was kind and the Pinelands community gave us their full support. It was a perfect day of family fun. Thanks to the teamwork of our staff, parents and children, our fair was fabulous!

**POTJIE REPORT BACK**

The potjiekos competition held by the 3rd Pinelands Scout Group on Friday 25th March was a family occasion with music, a jumping castle and a variety of potjie pots bubbling away. In the end, the judge chose the lamb and vegetables superbly prepared by Sandra from the Spar. The raffle was won by the Muse editor! Well done to all the contestants who provided a healthy supper and desserts for all, in a fun fund raising event.

ABOVE: Sandra dishing out her winning potjie.

SHARE YOUR NEWS WITH US! Send us information about events happening in and around Pinelands that you know about!
Email us at muse@pinelandsdirectory.co.za
The meeting feedback from the PRRA held on 23rd February can be seen on the Pinelands directory website. Here are a couple of points reported from the meeting along with Councillor Watkyns feedback.

- The sunrise UC Hostel does not have the support of residents due to a number of problems encountered with noise, pollution, insufficient facilities, and a lack of commitment from UCT on certain issues.
- Taffy Roberts is drafting a plan, that will be advertised in the press regarding the proposed special rating area for Pinelands. The idea will require a 51 percent majority approval from Pinelanders before it can be implemented.
- Complaints regarding the ground along Wisteria Avenue, which should be fenced, were discussed.

COUNCILLOR’S REPORT BACK
From Brian Watkyns
- Illegal building is being investigated.
- The new pizzeria has applied for a temporary liquor licence.
- Speed cameras are to be erected along Jan Smuts drive in an attempt to curb speeding and drag racing.
- Lights have been erected along the Elsieskraal River. There is however a dispute with the contractor who is still to repair damaged walkways.
- Coronation Park is to be upgraded by some volunteer mothers.
- The Garden of Remembrance received monies from a trust fund and has received an attractive upgrade.
- The legality of two orphanages is being investigated.
- A raised speed bump has been installed on Nightingale way.
- Other topics reported are council leases, squatters, public transport and the budget.

Above: Lights along the Elsieskraal river canal.
Outstanding level of service and commitment from this Pam Golding Properties’ team.

Chris and Tim have established themselves as resident area specialists in the Pinelands, Thornton, Rosebank and Mowbray areas, offering experience and in-depth knowledge of both residential and sectional title properties. Their partnership, with excellent networking and human relationship skills, has resulted in them successfully negotiating many sales from smaller apartments to grand homes, all with the same level of commitment.

Chris and Tim offer clients the Pam Golding Properties’ level of service, ethics, integrity and marketing, so please do contact them should you be thinking of buying a home, selling or require a free valuation.

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Country-style living on large grounds, with rolling lawns, a tree-filled garden and pool. A place of peace and tranquillity.

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PAGES IN TIME

A selective glimpse over past magazines and newspapers in Pinelands.

By Max Schutte

There have been a number of local publications serving Pinelands over the years. The Muse was given a selection of old issues by Fred Roffey and they make fascinating reading. Here are just a couple of items that caught my eye...

GARDEN CITY LIFESTYLE
“The paper with Pinelands panache”
Publisher: Fred Roffey • Editor: Margaret Williamson
June 1999 edition
• A short piece explained what the internet was and what websites were for. It was all very new in those days. Can you imagine life without it now? The first warnings were also given of the global crisis expected from the Y2K bug, when computers were expected to crash with the dawn of the new millennium. That didn’t bite.
• Cyril Higgo of Wattle Grove was given a prestigious award from the Royal Horticultural Society to honour his work in breeding fimbriated dahlias (with split petals), the first time the award had come to South Africa.
• Seeff’s Johan Meyer, summing up the local property market, said that the average house price in Pinelands was R403 000, while the most expensive home ever sold here was R950 000.

THE PINELANDS POST
Publisher: Unicorn Publishing • Editor: Anne Tannenberger
1 October 1987 edition
• Feeders Restaurant in the Howard Centre had their ‘Tripe and Trotter’ week offering traditional and curried versions along with their Mauritian chef’s creole specialities.
• A young and handsome Mike Olsen was announced as the new Assistant Manager at Pick N Pay. Along with his photograph, the paper noted that Mike was single!
• Lucinda Hooley and Rowan Haarhoff were elected as Head Girl and Head Boy of Pinelands High School. The Matric dance theme was “underwater decor with stalactites and stalagmites in purples, pinks and blues.”
• The Ladies of Pinelands Lions Club staged a charity fashion show and KWV wine tasting event at the Catholic Church Hall, compered by Pip Freedman.

THE PINELANDS GARDEN CITY MONTHLY
Editor: Coral Eales
September 1983 edition
• The Pinelands Horticultural Society commemorated their Diamond Jubilee with a Rose and Spring Flower Show.
• June Wells wrote about the St Stephens Pinelands Repertory Society’s production of the comedy “Picnic in Town” and plugged their upcoming musical “The Wizard of Oz.”
• Ten brave ladies, all members of the Pinelands Athletic Club ran a World Record relay of 203 miles in 24 hours!
• The old Voortrekker Hotel in Maitland advertised a bottle of White Horse Whisky for the princely sum of R8.25. Plus, you got a free hotel meal voucher for any purchase over R25!
• The Drakensberg Boys Choir performed at Pinelands High School with Pinelander, Derek Coleman, singing with them.
• Remember the old Ster Theatre building on Forest Drive? The Le Chalet Restaurant upstairs advertised their excellent continental cuisine. I recall a number of memorable meals there, as well as waiting in the lobby of the cinema to see if the movie would be shown that night - they needed a minimum of five people which they didn’t always get.
• At the BP Service Station, every month, you could win two free Bonus Bonds (do you remember them?)

There’s so much more we could have included if only we had more space. Well maybe another time...
Directed by Roche Haupt Buckle, the play is one of the major productions presented every year, of which there have now been over 177.

We spoke to Tina Gough, Pinelands Players chairperson and production manager and long time member June Wells.

THE SHOW MUST GO ON

From their beginnings in 1948 at the St. Stephens Church Hall, under the guidance and persuasion of Madge Harding, a repertory society was formed to bring the theatre to Pinelands, to raise funds for the church hall and to build the community feeling in Pinelands. The first major production was "The Man from Toronto", with the players being responsible for all the tasks, as they are today, of making costumes, backdrops, lighting, sound, directing, ticket sales, programmes and advertising.

Over the years the society moved from place to place to find a suitable venue for their productions. In the sixties the Pinelands Players decided to take advantage of the new Pinewood cinema complex and arranged to use the facilities to present the pantomime "Babes in the Woods". However, the production encountered many difficulties with poor facilities for backdrops and the only available time for rehearsals being late at night after the cinema shows had finished.

Then in the early 90’s June Wells negotiated with the municipality for the use of an old substation belonging to the railways, at the top of Sunny Way. Chris Wells set about renovating the substation into a functioning clubhouse, which is now used for social meetings, rehearsals, and storage space for costumes, props and the precious archives of a society that has been operating for more than 60 years.

Tina Gough and June Wells are enthusiastic about the continued success of this dramatic society, which has been instrumental in the development of the successful careers of Peter Toerien, Clare Watling, pop idol Daniel Buys, Russel Boast, who has his own theatre in Las Vegas, and David Jones - TV personality. There is a great spirit amongst the Pinelands Players who are serious about fun. They meet four times a year for club evenings which range through a variety of events such as play readings, musical quizzes, melodramas, or even line dancing. They do two main productions a year, one of them being the candlelight suppers at the Pinelands Town Hall, which will be in July / August this year titled "Forever Plaid". See details at www.pinelandsdirectory.co.za.

The Pinelands Players carry on the tradition that was noted in the newspaper in 1952 when the Mayor and Mayoress of Pinelands attended the presentation of "Yeoman of the Guard", which they said was "played with a generosity that will ensure full houses for the rest of the week".

ABOVE: The very first production: "The Man from Toronto". Do you recognise the actors?

Dr Patrick McDonald
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Consulting at
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4 Mountbatten Road,
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Tel: 021 551 9005

I graduated from the British School of Osteopathy in 2000. Since then I have worked in a very busy practice in the U.K. and also held a senior lecturing post at the London School of Osteopathy for four years before returning to Cape Town.

Osteopathy may help

Osteopathy is a very powerful manual therapy. It is best known for alleviating joint pain, but is also effective for a wide range of health related problems. This comes from the very refined sense of touch that an osteopath develops to feel what is going on in the body.

Somato Emotional Release is based on an understanding that we hold our emotions in our body and that these develop into physical symptoms such as joint pain, loss of energy, weight gain, general aches and pains, headaches and depression.

If you are wondering whether osteopathy could help, please give me a call or send me an email. Osteopathy in South Africa is recognised by medical aid companies and I charge medical aid rates.

Jaw pain
Arthritic pain
General ill health
Back and neck pain
Digestive disorders
Colic and reflux for babies
Stress, depression and fatigue
Pain associated with pregnancy
Headache, Migraine and Sinusitis
Childhood developmental problems

Pinelands Players may be an amateur society, but they aim high and have secured a place at the Artscape Arena for their production of Godspell for Easter.

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Are you in Pain?

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We arrived by taxi, with a picnic basket, and were dropped off at the old post office, which has now been incorporated into the house on the corner of Forest Drive and Acacia Way. My father decided on a plot in Mead Way and built a thatch-roofed house in about 1922, that still stands today. It had two lovely Dutch Gables, but no garage as we didn’t have a car in those days, actually not many people had cars, so we used the local bus service. My father travelled from Mowbray to town for work. The only tarred road was Forest Drive, the rest were all gravel. There was a horse drawn water cart that used to come down the road regularly and dampen the dust from the gravel roads with water. As kids we loved to have a ride on the cart as it went up our street.

It wasn’t far to school – we went around the corner to the town hall where we had our lessons. The pine trees that are next to the town hall now are the same trees that were there when I was a child. Milk was delivered to the house daily from the dairy, and “Irwins” grocers used to come to the house to take an order for groceries, which were delivered the next day - who needs on line shopping?

**THE PINELANDS COMMUNITY**

Pinelands was developed as a garden city and had its own municipality, with its own Mayor and Mayoress. I belonged to the Pinelands Athletic Club, and was a sprinter in the first athletic team to represent Pinelands at the Paarl Sportsday in December 1937. After having knee problems while playing rugby, I joined the Pinelands Hockey Club, and played for Western Province. Then I was also a scout Wolf Cub and went on to become a King Scout (equivalent to a Springbok), and then became the troop leader – this would have been at Pineland’s first scout patrol. I was lucky enough to go on my first overseas voyage to Holland for a scout jamboree. I travelled on the Edinburgh Castle and spent a month in the UK.

**WELLS HOUSE AT THE RED SCHOOL**

I spent some time in the army during the second world war, as did my father and two brothers, with the Dukes Brigade, and I celebrated my 21st birthday in Cairo.

My father was known as Major Frank (Bolshie) Wells. He was one of the founder members of the Red School and one of the school houses is called “Wells” after him.

**BANANA FARMING ON THE SOUTH COAST**

My work eventually took me out of Pinelands to Johannesburg and to Durban and when I retired at 60 I decided to buy a farm and do some banana farming on the South Coast. My crops were very successful after I installed a microjet irrigation system, and a good fertiliser regime. The farm was isolated however, and there were security issues, so Noreen and I decided to return to Cape Town, and to Pinelands which I knew and loved. Pinelands had always been special to me, and holds my fondest childhood memories. It is ideally situated for work and play, and has a wonderful community spirit which I believe was developed in the years when it was a garden city holding the responsibility for its services and development.

**THE SECRET OF GOOD HEALTH**

Athletics and sport contributed to my good health, and the fact that I gave up smoking when I was 32. I always think of three essentials for living – food, water and air. The thing we can do without the least, is air. So I walk every day and concentrate on getting plenty of fresh air into my body. This certainly seems to aid my long term memory, but my short term memory, well, I call it a well developed “forgettory”.

Douglas Wells clearly remembers the day his family first came to Pinelands, and had to clear away the bush to choose a plot for their house in Mead Way.

Douglas Wells speaks to Glynnis Schutte
DARLING

“Welcome to Darling, let’s see you smiling, come on and have some fun, Darling welcomes you!!”

This is the singing and dancing welcome as Evita Bezuidenhout, steps up to the stage for a Sunday afternoon performance of ”Evita praat Kaktus”. The introductory song is taken from the World soccer cup song “Welcome to Cape Town” by David Kramer and is apt for the performance. After an hour of South Africa’s chequered journey to democracy, presented in an, entertaining and educational way, in English and a smattering of Afrikaans, we met our Pinelands connection, Pieter-Dirk Uys.

FROM PINELANDS TO EVITA SE PERRON
Pieter grew up in Homestead Way in Pinelands and still remembers Central Square being established. He has vivid memories of protesting with his schoolteacher when asked to write a poem. The teacher convinced him that one can do anything that you put your mind to. The success of Evita se Perron confirms this.

SCHOOL SONG BY HANNES AND HELGA UYS
Pieter comes from a talented musical family and his parents wrote the school song for the Pinelands North Primary School. The original musical sheets dating back to 1948, are on display at the school.

THEATRE, MUSEUM, ART GALLERY, GARDENS, AND RESTAURANTS
Evita se Perron is colourful and serves ”regte boerekos” before the show. The restaurants provide lunches and teas in a pretty garden, next to ”Boerassic Park” which is full of comical statues of political personalities, and metal sculptures of local wildlife. There is an art gallery with famous works of art reworked by Nina van der Westhuizen to incorporate Evita as the main subject. Can you imagine the Mona Lisa looking like Tannie Evita?

KOSSE SIKELA COOKBOOK
The museum also known as the ”Nauseum” houses many memorabilia collected by Pieter-Dirk Uys through all his years of satirical plays about the South African political system. There are some arts and crafts, and books for sale, one of them being a cookbook ”Evita’s Kossie Sikelela,” a collection of recipes made by Evita for friends and statesmen alike. The cookbook is introduced in a foreword by Sophia Loren.

DARLING TRUST
Pieter Dirk Uys is the patron of the Darling Trust which works to uplift the Darling community with projects that empower people to help themselves. Pieter also uses this platform to continue his work in the fight against HIV AIDS.

MORE THAN A DAY’S WORTH
Darling seems to revolve around Pieter-Dirk Uys, but there are other places to see there, such as the Marmalade Cat where we enjoyed a delicious duck and cherry pie, and a beer from the local Darling Brewery. Although not open on Sundays, the Mantis Mall has a variety of shops such as the Chicory Cheese Cafe, crafts and a bistro. It takes about an hour to get to Darling from Pinelands. One can go directly up the R27, Westcoast road, or take a slightly shorter route via the R301. The Duckett Orchid nurseries on the farm Oudepost can be visited on the first Saturday of the month between 9am and 12 noon, during the months of May through to November. Yzerfontein is not far for the beach lovers. Darling is in the ”flower belt” famous for spring flowers in September, when there is also the ”Voorkamerfest” – 3 stops at 3 houses with 3 shows. So for a beautiful drive, good food, a belly laugh and a look at how we have changed politically try Darling, and enjoy. Visit www.darlingtourism.co.za.
The new Consumer Protection Act (CPA) came into effect on 1 April 2011. The Act aims to protect consumers from unfair business practices, stop the sale of low-quality and unsafe products, and prevent consumers being confused and bullied into purchases and contracts. Adam Brink explains some of the main provisions of the CPA.

The CPA covers both goods and services supplied to consumers in South Africa. Retailers are now also liable for product defects. This change is important. Before the Act, if I had bought a pram that had a defect causing it to crush my baby’s fingers I would have had to sue the maker of the pram (in the United States). Now I can sue the shop where I bought it. They in turn can sue the maker.

VOETSTOOTS CLAUSES
People who sell goods as part of their business, as opposed to you or me selling our car through the classifieds, can no longer sell them “voetstoots”. The court will interpret whether a voetstoots clause is fair and reasonable, but one case where the court almost certainly won’t permit voetstoots clauses is where developers sell houses that they have built - and that will have an enormous effect on our property market. The voetstoots clause can still be used when you sell your own home, as it is not sold as part of a business.

BADGERING
No supplier or marketer may use coercion, undue influence, pressure, duress or harassment toward consumers. Intentional over-selling and over-booking is now unlawful. Let’s see whether this will affect airlines…

All sales through direct marketing are now subject to a five working day cooling-off period, and the consumer must be told about the cooling off-period. Incentive schemes are now tightly regulated to ensure the promoter’s honesty.

CONTRACT TERMS
The following terms may now be unlawful:
- Limiting the time within which you can sue the supplier.
- Limiting the liability for employees’ acts.
- Allowing suppliers to unilaterally amend agreements (such as increasing prices without letting the buyer cancel)
- Allowing the supplier an unreasonably long time to perform the work.

OTHER IMPORTANT ISSUES
- Products must be well labelled and include country of origin and hazard information.
- You cannot bundle items that are not financially beneficial for the consumer.
- Consumers are allowed to cancel fixed term agreements with 20 days notice.
- Contracts, warnings and notices must be in plain language.
- Unsuitable products can be returned.
- Grey products must be labelled as such.
- Consider insurance for product liability.
- If in doubt seek legal advice.


www.pinelandsdirectory.co.za
After some time with the South African Navy in Simonstown as an underwater construction diver, Dave found himself on his first trip to Antarctica, a continent that covers a vast area more than the size of India and China together. The seas were rough and Dave recalls how each wave appeared to take the ship up an enormous wave not unlike a mountain, where they seemed to teeter forever until they were brought safely down to “sea level”. On some of his later trips Dave would go in the helicopter to help chart the best route for the SA Agulhas through the pack ice.

South Africa built their first Antarctic station in 1962 called SANAE I. When Dave was involved in the construction of SANAE II he was amazed at how the weight of the snow and ice was crushing the first base, which was a wooden structure built on the moving ice shelf. Over the years Dave has been involved in upgrading each new station and says that in comparison to SANAE I the newest station SANAE IV is like the Hilton Hotel! It is a steel structure build on a "nunatak", a rocky outcrop, at Vesleskarvet. Electricity is provided from a generator run by diesel engines, and water is obtained from melted ice. As Dave points out though, you need a lot of snow to get the volume of water needed.

Sometimes Dave spent as long as five and half months at the station. Communication with the outside world was essential and in the early days it was only possible to contact family via telex. In 1991, they established radio contact and in 1994, satellite was introduced.

Dave also travelled to the South African bases on Gough and Marion Islands. He preferred going to SANAE as the islands can be particularly cold and wet. Most of his tours of duty were between November and March, in the Antarctic "summer", when the sun hardly sets. He saw the usual wildlife, seals, penguins and snow petrels, which are very difficult to spot, as they are small, and snow-white with black feet.

Dave is now retired, with his unusual calender of long sea trips away, a thing of the past. He enjoyed his work at SANAE IV and puts these memories alongside one of his other experiences, that of the “southern lights” – an aurora, resulting from the interaction of the solar wind with the Earth’s magnetic field, producing amazing colours of bright blue, purple and green in the atmosphere.

See the South African Antarctic Programme at www.sanap.org.za.
DIDO - ANOTHER PINELANDER TO VISIT THE SANAE BASE AT ANTARCTICA

On December 8th 2010, Dido boarded the SA Agulhas for his first trip to the SANAE IV base at Vesleskarvet, a rocky outcrop in Dronning Maudland. The journey took 10 days through comparatively calm seas, to reach the pack ice, which towers 20 to 30 meters into the sky. The crew watched as the German ice breaker ahead of them, forged its way through the wall of ice, but the SA Agulhas had to hold back as the wind and weather repacked the huge icebergs into an impenetrable wall. Although the SA Agulhas has a reinforced hull it was not built as an ice breaker. Dido and the crew had to wait another week before being able to continue through the ice barrier to get closer to an area where the supplies and vehicles could be off loaded. Sea trials are currently being done for a new ice breaker that will take over from the SA Agulhas in 2012.

Only experienced Antarctic staff and those who will be staying over at the base for winter are allowed to take the 300km overland route from the ship to the SANAE IV base. Therefore Dido took the three hour helicopter trip to where he would be celebrating the 2011 new year. SANAE IV is a 175m long, double storey construction on stilts, and is built on a rocky buttress 1000m long. The Hermanus Magnetic Observatory (HMO) team that Dido accompanied was part of the 50th SANAE team to go to the Antarctic. One of their tasks was to drill holes in the rock to erect wind turbines for some of their experiments to harness the 200km winds that blow in the antarctic. The HMO also runs a highly specialised radar project for mapping ion movement at the polar cap, which is used by weather scientists all over the world.

The birthday ‘treat’ for travellers to SANAE, is an ice bath! Dido added his January birthday experience to those he had on the ship as he crossed the 66th parallel - another dunking in cold water and more…

One of the most beautiful places seen by Dido on his trip was at the Kleinbergie Windscoop. There is a rocky outcrop, which provides a temperature gradient, leading to the snow melting and turning into a frozen lake of water. One can walk on it with care. Such care must also be taken to avoid falling down deep cracks in the ice.

In early February Dido returned with the 49th SANAE team to Cape Town. Would Dido like to go again?...For sure!

Kleinbergie Windscoop
ABOVE: SA Agulhas up against the pack ice.
ABOVE: Pinelanders, dressed in period costumes, manned over 50 stalls which recreated the atmosphere of an old English village. One of the many highlights was the Village Green Maypole Dance by local pupils.

BELOW: Can you imagine getting your fresh milk straight from the cow - well at least children would have no illusions as to where their milk came from!

The Fayre was opened by Mrs. Smuts on the site where her husband, General Jan Smuts, had laid the foundation stone of Pinelands in 1933.

PLANE CRASH IN JULIANAVELD IN SEPT 1956

As children were playing nearby, on the 27th September, a Ventura bomber plane was forced to land due to engine failure. The pilots who escaped unhurt were praised for using their expertise to land in the field without harm to anyone.

There were however children nearby who were in imminent danger. Wilfred and Jean Chetwin sent us this newspaper cutting. They had first hand experience of the debacle, because they had a house on the edge of Julianaveld. The Mayor of Pinelands at the time, Mr VA Hill sent the following urgent telegram to the Minister of Defence, Mr Erasmus “Bomber crashed in built up area of Pinelands this afternoon. Earnestly appeal to you on behalf of the residents to issue immediate instructions forbidding planes to fly over Pinelands.”
GROWING OLD GRACEFULLY
HOW DO THEY DO IT?

Handling stress can be more important in successful ageing than the beliefs of eating the right foods, exercise, maintaining a healthy weight and hoping that you have inherited good genes from your grandparents.

Scientific research has shown that our basic personality traits and social behaviour affect the way that we age. Most importantly, the way that we cope with stress will have the greatest beneficial effect. Genetics is also likely to play a part and although there is a search for longevity genes, they can only help you up to certain point. Twin studies, where the twins have grown up apart, have shown that only 30 percent of ageing can be explained by genes alone.

REDUCE LONG TERM STRESS
Our bodies react to stress by mobilising energy, delivering glucose to muscles. Heart rate, breathing and blood pressure go up in the “fright, fight, flight” response. Keeping our bodies in this heightened state of alertness for too long can lead to further health problems, such as high blood pressure, poorly regulated blood sugar levels, and a compromised immune system.

NURTURE YOUR SOCIAL CIRCLE
People who handle stress the best are those with a lot of social support. Men who are married seem to cope better with stress and therefore age better. For women, marriage doesn’t seem to be as important in reducing stress levels, as long as they have other close relationships.

TIPS FOR HANDLING STRESS
• Keep family and friends in close relationships.
• Develop a good social network.
• Seek help about your concerns.
• Get enough sleep and find an exercise that you enjoy.
• Don’t fret about the things you cannot change - remember the old adage “Give me the serenity to accept the things I cannot change, the courage to change the things that I can, and the wisdom to know the difference.”

BE HAPPY
Things that will take you a long way in dealing with stress are an optimistic personality, adaptability and a willingness to try new things.

From a general article on aging at www.neurological.org.nz

www.pinelanddirectory.co.za

Give a Little, Save a Lot.

Curves is an effective 30 minute workout for women with all the support they need. Bring in a generous bag of non-perishable food to help people in need and we’ll return the favour by asking you to join Curves for FREE!

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WE ALSO OFFER FACILITIES FOR CONFERENCES, CORPORATE DAYS AND FUNCTIONS. CATERING IS AVAILABLE.

GREEN LIVING

FROM TRASH TO TREASURE
Clever ways to recycle cardboard tubes.

Cut it up, paint it, glue it… there is no reason why you can’t save cardboard tubes from the bin. They have many fun uses whether it is to entertain the kids or creating playgrounds for our small, furry pet rodent.

START SEEDLINGS
Cut the rolls in half and then put them in a tray, packed against each other. Fill with compost and plant your seeds. When the seedlings are ready to be re-planted in your garden, break the side of the roll and make sure the cardboard is completely buried.

WALL OF ART
Flatten the tubes and cut into thin pieces. Glue the points together to make interesting shapes and artwork as seen in the photograph.

PARTY POPPERS
Make crackers by filling the rolls with sweets. Wrap with tissue paper or off-cut wrapping paper. Tie the ends with ribbon.

CARDBOARD FLOWERS
Flatten the roll and cut into thin strips. Arrange the petal-looking shapes into flowers and glue them together. With spray paint, you can turn them into colourful objects. These flowers can be used in numerous ways:

• Attach a few to string to create beautiful window displays, or hang them from your ceiling.
• Decorate gifts with a final floral touch and ribbon.
• Glue flowers to sticks to create a flower arrangement in a vase.

FUN FOR KIDS
• Create animals from the tubes. Simply supply your kids with a few creative goodies.
• Make a stationery holder by cutting a tube into different lengths. Decorate, then group and stick the rolls together.
• Construct a playground for pet mice or hamsters – use a large container and create tunnels and other obstacles with the tubes.

GET ORGANISED
• Use them to keep elastics, hair bands, string and rope together.
• Keep electrical cords tidy by rolling them up and inserting them into the tube.

These seedlings are almost ready to be planted.

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CONTACT
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HOWARD BOWLING CLUB

All welcome, you just need to wear flat shoes

May 2011 | the muse | 16
Grandparents have a special role when it comes to our children. They can assist them with not only discipline and family values, but more importantly, tell them stories about when they were young. They can tell about the way they lived – from what their bedding was like to the type of telephones that existed and what it took to make a call especially if one lived in the countryside and had a party line. The fact that not everybody had a telephone – as it was a luxury, is even more important. Today children think somebody without a cell phone is strange! Grandparents can tell about the games they played without all the fancy toys that our children have today; how they had to use their imagination and use the same object for a thousand different uses, how they had to occupy themselves as there was no such thing as TV, and going to the cinema was a special outing. Even the way one looked at clothes was different. I remember when we dressed up in our Sunday best to go to the airport! Grandparents may have struggled during a war or possibly grew up just after the war when many countries had to rebuild homes and cities. They can tell of food rationing. I remember being told that the schools handed out quarts of milk to all the pupils as many parents could not afford to provide enough food as jobs were so scarce after the war. They can tell about the struggle that they may have had to provide their children with the best education they were able to afford. The grandchildren reap the benefits of that struggle today, and grandparents may feel that the sacrifice was worth it, as it has put the children’s parents in a position where they can now look after their children really well.

I remember visiting a friend many years ago who had not returned from work yet. Her grandmother was staying with her at the time, so I chatted with her. She had lived in the days of the ox-wagon, and where Rondebosch was another town! Sadly she never made it to 100 but she came very close. The information I received on those many visits about the time when she lived was absolutely amazing and I am now able to pass that information down to the younger generation. Grandparents must never underestimate how powerful these stories may be. It is such a lesson for our children to hear that their Grandparents’ parents were doing jobs such as being miners, bus drivers, etc. and that many of them left their country of birth for a better life. If grandparents had difficult times growing up, it does them good to share it with their grandchildren. It teaches children that the previous generations have worked to improve their position in life so that later generations can benefit from it.

The time that we have with our Grandparents is short – spoil them and make the most of the conversations with them – they have so much to offer to our children.
Janine Breetzke
8 Meadway, Pinelands, Cape Town
janinebreetzke@hotmail.com
www.aurorahealth.co.za
073 106 9535

PRIOR BOOKING IS ESSENTIAL

Gift Vouchers Available

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PRIOR BOOKING IS ESSENTIAL

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<tr>
<td>Swedish Back Massage</td>
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Our Pinelands Directory website www.pinelandsdirectory.co.za is the premium online hub for the Pinelands community. We can custom design your local magazine and online advertising conveniently and cost effectively.

CIRCULATION
The magazine is free and initially 5000 copies will be delivered monthly to homes and businesses around Pinelands. In time we aim to extend distribution to surrounding areas as well. An online version of the magazine is also available on the Pinelands Directory website, which receives over 5000 visits every month. Back issues are also available here.

CONTACT
Max on 021 531 3324 or 073 644 1288
or muse@pinelandsdirectory.co.za

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Bobotie is probably one of the most famous South African dishes. Some may even name it our national dish.

Many South Africans are fond of this homely, all-year round dish. These days you see many modern versions – Bobotie spring rolls, bobotie in a pancake, bobotie meat balls, even a bobotie-potjie are just some of the ideas. Fish bobotie and vegetarian versions have been prepared for many years. Recipes for this traditional dish vary, but it remains a mince mixture seasoned with spices, curry powder and topped with an egg-and-dairy-custard.

Milk was mainly used for the topping, but popular alternatives are buttermilk, sour cream or a dairy mixture. Bread is often soaked in stock and added to the mince to give it a softer texture and the topping is garnished with lemon or bay leaves and almonds. Purists have varying ideas of what a bobotie should taste and look like, but as long as it is flavourful and comforting, it is a good bobotie. My favourite way with bobotie? – Cold leftovers on a thick slice of warm toast spread with a good chutney.

**TRADITIONAL BOBOTIE**
(Serves 6)

**Ingredients**
- 15-30 ml olive oil
- 1 kg beef or lamb mince
- 2 thick slices whole wheat bread
- 250 ml boiling water
- 2 medium onions, finely chopped
- 2 cloves of garlic, crushed
- 20 ml curry powder
- 15 ml each dried mixed herbs, ground cumin and coriander
- 5 ml each turmeric and ground ginger
- 20 ml smooth apricot jam
- 125 ml raisins or sultanas (optional)
- 40 ml red wine vinegar or lemon juice
- salt and freshly ground black pepper to taste

**Topping**
- 2 extra large eggs
- 250 ml buttermilk, sour cream or milk
- 8-10 bay or lemon leaves
- 50-75 ml slivered almonds

**Method**
1. Heat the oil in a large frying pan and brown the mince. Spoon out and set aside.
2. Meanwhile soak the bread in the boiled water in a mixing bowl.
3. Sauté onions in the same pan until soft and add the garlic, curry, herbs and spices and sauté for another 1-2 minutes. Add bread and meat to the onions and mix well.
4. Reduce heat and simmer with the lid on for 20 minutes. Stir in jam, raisins or sultanas and vinegar or lemon juice. Season meat to taste.
5. Meanwhile preheat the oven to 180°C and lightly grease an oven dish with butter. Spoon meat into the oven dish.
6. Topping: Beat eggs and buttermilk, sour cream or milk and season to taste. Pour over meat and put bay or lemon leaves into the bobotie. Sprinkle with almonds and bake for 40-45 minutes or until golden brown.

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Apologies
A gremlin crept into our advertising and created chaos. Please see the corrected adverts on this page. The house advertised for R1.795m was sold privately in the upper R1.6m. We hope this clears up the confusion caused. Please note: The Orchards houses sold in the R1.6m and R1.7m price range are the smaller 2 or 3 bedroomed design. The larger houses with family room, 3 bedrooms and double garage sell in the R1.8m and R1.9m price range.

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Pinelands. In quiet close

Charming Tarragona    *R1.295m
Pinelands. In quiet close

Double storey, Royal position    *R3.505m
Pinelands. In tree lined avenue

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