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the muse

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PINELANDS COMMUNITY MAGAZINE

ISSUE 174 | July 2026



Easy Cheese Fondue
Nina Timm



Pinelander - Flying High
Jason Adriaan



Prague
Judith Gordon



Helen Keller

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WELCOME



Max Schutte

About the cover:

The Prague Astronomical Clock, also known as *The Orloj*.

Read more about this unusual instrument in the editorial below and also in Judith Gordon's travel article on page 13.

Scan the QR code to watch a video about it



Knysna Turaco

The Knysna Turaco, formally known as the Knysna Loerie, is a much sought after bird for travellers along the coast from Knysna to Durban. This colourful bird is green with a rounded crest, red bill and eye. The eye is surrounded by a white margin. The wings and tail are light purple, but when in flight the bright red wings are very conspicuous.

They feed mainly on fruit, but will eat termites when available. They inhabit cool, riverine and afro-montane forests. Usually found singly or in pairs. The call is unbecoming of such a beautiful bird – a deep growling “Korr-korr-korr”. They are monogamous.

John McFarlane, author of the regular Muse bird feature enjoys the company of garden birds at his home in Pinewood Village. John feels that the best place for a birdbath is a shady spot near a tree or bush. There will be less evaporation in the shade and will also give the birds an escape route in case of danger.

To attract birds to the garden useful plants to have in the garden are: Wild dagga (*Leonotis Leonurus*), Salvias, Cape Honeysuckle and flowering aloes.



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TIME, IN ALL ITS MANY GUISES...

You may have noted that we have just passed the winter solstice, the shortest day of the year. While the length of daylight is now starting to increase, the temperature cycle, alas, lags some way behind it. A quote from the movie *The Colour Purple*... “*Time moves slowly, but passes quickly*” is an apt observation of the enigmatic nature of time. Besides its speed, it also has different characters... it can be a dispassionate unit of measure in science or the grand sweep of an era in an archaeological or historical sense. In an emotional moment, it can stand still and encapsulate a feeling of love or wonder, or it can just be a useful regulator of our daily or monthly routines like a clock or calendar.

Speaking of timepieces and timekeepers, there is a remarkable set, called The Orloj, installed in the wall of the Old Town Hall in Prague in the Czech Republic. The cover of the Muse this month is of that very clock, as Pinelander Judith Gordon wrote an article on her visit to that city (see page 13). There isn't enough space here for a full account of its history and workings, just a brief overview and a QR code link to a video to see more about it.

It is truly an engineering marvel, as beautiful to look at as it is mystifying to read. It is a medieval construction dating from 1410. The top dial is an astronomical astrolabe displaying modern time with Roman numerals, Old Czech Time, which only counts daylight hours, and sidereal time, tied strictly to the movement of the sun. It also shows the current position of the sun and moon as well as the moon phase. The lower dial is a calendar showing the date with representative illustrations of the month as well as the church calendar and names of 365 saints, with a zodiac dial too for good measure. Lastly, statues of historical figures adorn it and there is an hourly show when 12 mechanical apostles shuffle past two opening windows and the skeleton of death strikes the hour.

This clock really embodies the multifaceted nature of time and the human connection to it. I hope you enjoy this edition.

Max Schutte

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Your news, photographs and stories can be submitted to The Muse Magazine by email at muse@pinelandsdirectory.co.za.

The Muse reserves the right to select articles for inclusion and to make alterations to submitted contributions.

NEXT EDITION

175 • August 2026

Published: 28 July 2026

DEADLINES

Bookings: 13 July

Content: 17 July

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SILVER from scrap jewellery to silver teapots

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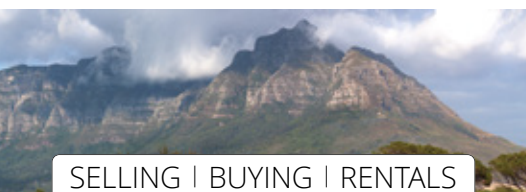


Hugo Lambrechts Auditorium, Parow
Thursday 30 July 2026 • 18:30

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Wed 1 July - Fri 3 July 2026

HTRC BIG WINTER BOOK SALE

Find an amazing selection of children's books for sale at the Catholic Church in Union Avenue between 09:00 and 16:00. Funds support *Help the Rural Child*. (See ad page 10.)

Wednesday 1 July 2026

HAPPY HOUR SOCIAL GROUP

Meet at the Pinelands Library activities hall between 09:30 and 11:00 to enjoy a talk entitled "In the life of a paraplegic," as told by his mom. All welcome. Call Santa 083 235 6730.

Saturday 4 July 2026

PINELANDS METHODIST CHURCH "MARKET ON UNION" (09:00 to noon)

Beat the chill with some warm tea/coffee, food and fellowship. Have a 'no cook' weekend by taking home a pre-cooked meal plus various snacks and goodies. Browse some interesting stalls - who knows what you may find. Join us in the church hall at 2 Union Avenue. Call Joan on 082 810 1889.

Wednesday 8 July 2026

PLANT SWAP 10:00 to 11:00

Plant lovers - share plants, cuttings and seed packs at Pinelands Library.

Wednesday 15 July 2026

PAGE TURNERS BOOK CLUB 10:00 - 11:00

Come to the Pinelands Library committee room for a book talk with Pinelands resident, Caro Attwell, who will be talking about her memoir *Saturday's Child*. Call 021 814 1780.

Saturday 25 July 2026 10:00

PINELANDS BAPTIST CHURCH DIVORCE CARE COURSE BEGINS

Meeting at 14 The Triangle, the course will run every Saturday for 13 weeks commencing 25 July at 10:00 with light snacks provided. Cost of snacks and manual will be R450 per person. Please do not let this put you off - funding is available where necessary. Contact us if you are going through divorce or separation or even thinking about it. Let us know if you are interested in a Divorce Care for Kids course. Call Alan Minogue on 083 456 1196 or the church on 021 531 3922.

Wed 29 July - Sun 2 Aug 2026

CENTENARY ART EXHIBIT & MARKET

View art by community artists displayed in the new Victory Hall of St Stephen's Anglican Church daily from 10:00 to 16:00. Some artwork will be for sale. Enjoy a small craft market and tea garden on Saturday morning 1 August from 10:00 to 14:00. For details call the Parish Office at 067 792 2274.



Wednesday 29 July 2026

PINELANDS STAMP CIRCLE

Meet at 18:30 in the Activities Hall above the Pinelands Library. David Watts will exhibit "Military Mail."

Email Martin: m.tristan.crawford@gmail.com.

Thursday 30 July 2026

PINELANDS SCHOOLS MUSIC FESTIVAL

Celebrate 100 years of education in Pinelands through music at the Hugo Lambrechts Auditorium, Parow at 18:30. Tickets available through Quicket. (See ad on this page).

Saturday 1 August 2026

CANNONS CREEK TREASURE HUNT

A magical treasure has been hidden at Cannons Creek Independent School. The finest crew in the land is needed to find it. Be amazed at a magic show, have fun with sand art, decorate treats, bounce on the jumping castle and enjoy much more! Bring your 3-5 year old child to join the fun. RSVP to marketing@cannonscreek.co.za, or visit www.cannonscreek.co.za. (see ad page 6).

Wednesdays 2026 15:00 - 17:00

CHESS AT PINELANDS LIBRARY

Learn, practice and sharpen your chess skills in a warm and welcoming space. All ages and levels welcome. Call 021 814 1780.

Fridays 2026 (see dates below)

HELEN KELLER SOCIETY BOOK ROOM AND NURSERY OPEN TO THE PUBLIC

The Helen Keller Society opens their book room and garden nursery for sales to the general public on the last Friday of the month between 10:00 and noon.

Friday: 31 July; 28 August; 30 Oct.

Call Bev Wroth on 021 531 5311.

Fridays 2026

PINEES PRAM JAM. 10:00 to 10:40

For toddlers from birth to 4 years in the Pinelands Library Hall. Stories, lively music and movement sessions. Call 021 814 1780.

Saturdays 2026 09:00 to 13:00

BRIC-A-BRAC SALES FOR KAPS

Support the Karoo Animal Protection Society (KAPS) at the Pinelands Club. Call Gloria 083 450 2782.

Saturdays 2026 10:30

FAMILY BONDING: STORIES & SMILES

Fun filled story time in the Pinelands Library children's section. Call 021 814 1780.

ADVERTISE YOUR EVENTS! email muse@pinelandsdirectory.co.za

Send content for the August 2026 edition by 17 July 2026.

Publication will be 28 July 2026. R187 ensures placement

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July 2026 | the **muse** | 2



SPRINGBOK RUGBY FIXTURES 2026



BARBARIANS
20 June 15:00

NMB Stadium, Gqeberha



ENGLAND
04 July 17:40

Ellis Park, Johannesburg



SCOTLAND
11 July 17:40

Loftus Versfeld, Pretoria



WALES
18 July 17:40

Kings Park, Durban



ARGENTINA
08 August 21:00

E. Jose Amalfitani, Buenos Aires



NEW ZEALAND
22 August 17:00

Ellis Park, Johannesburg



NEW ZEALAND
29 August 17:00

DHL Stadium, Cape Town



NEW ZEALAND
05 September 17:00

FNB Stadium, Johannesburg



NEW ZEALAND
12 September 23:00

M&T Bank Stadium, Baltimore



AUSTRALIA
27 September 11:45

Optus Stadium, Perth



ITALY
07 November 13:40

Allianz Stadium, Turin



FRANCE
13 November 22:10

Stade de France, Saint-Denis



IRELAND
21 November 18:40

Aviva Stadium, Dublin

**Times are SA times as published when printed.
Please check before match day for late changes.*

Seeff

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Jessica Evans
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Robyn Meyer
Rentals
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Debbie Peat
Rentals
082 468 7772

THE POWER OF PLAY: why breaks are as important as academics



Article by
Shireen Stadler
Principal
Pinelands North
Primary School
(The Red School)



HOW IMPORTANT IS PLAY AT SCHOOL COMPARED TO ACADEMICS?

Should we shorten breaks to create more time for lessons? These questions often arise in staffrooms. I firmly believe that children's brains need play just as much as they need textbooks. Play isn't merely a way for children to burn off energy or stay occupied while adults manage the day, it is the "work" of childhood. Through play, children learn to navigate the world, develop social skills and explore their own creativity.

BREAKS FOR PLAY ARE IMPORTANT

For many children, these pivotal breaks from structured classes are often undervalued and under-resourced, despite their critical role in development. On a cognitive level, play is like a gym for the brain. It strengthens the "executive" parts of the mind – those responsible for planning, staying focused and managing emotions. Whether balancing a tricky stack of blocks or navigating a complex board game, play challenges children to think on their feet and solve problems without the high stakes of the "real world." This mental flexibility fosters creative breakthroughs and problem-solving skills that last a lifetime.

WHAT RESEARCH SHOWS ABOUT PLAY

Extensive research shows that unstructured play positively impacts cognitive, social, emotional, and physical development. Play promotes attention, emotional stability, resilience, empathy, wellbeing, motor skills, self-regulation and executive function. Schools therefore, must allocate time for play as a core component of the school day.

THE SOCIAL LEARNING DURING PLAY

Socially, play is where children learn the "unwritten rules" of life. It is a safe space to experiment with leadership, teamwork and negotiation. Arguments over who plays the superhero or how a game should proceed teach children compromise and perspective-taking foundations of empathy and emotional intelligence. Learning to lose gracefully or recover from a make-believe setback builds resilience that lasts well beyond the playground.

HOW PLAY ENHANCES THE CLASSROOM EXPERIENCE

Scheduled breaks also enhance cognitive function. Physical activity increases blood flow to the brain, improving concentration and attention span, while endorphins released during exercise support emotional regulation. When children return to the classroom after breaks, they are often more focused, engaged and ready to learn. Breaks also stimulate creativity and imagination, allowing children to explore ideas, experiment and develop problem-solving skills.

HOW SCHOOLS CAN THOUGHTFULLY STRUCTURE OUTDOOR PLAY AREAS

Schools can foster environments that champion play as a fundamental pillar of development. Breaks should allow sufficient time for meaningful physical activity and social interaction. Playgrounds can be thoughtfully divided to accommodate diverse needs:

- A quiet area or "quiet quad" can provide a calm space for small groups to read, play

chess, or enjoy tranquil games. Painted ground-based activities can further encourage low-noise engagement.

- Another area can host multi-purpose games and physical activities aligned with the school's physical education programme.
- Fields can accommodate supervised ball games and other social interactions, offering opportunities for teamwork and rule-based games like "Simon Says" or "Red Light, Green Light," which develop memory, impulse control and cognitive flexibility.

CREATIVE USE OF SPACES INSIDE THE SCHOOL IS EQUALLY IMPORTANT.

Quiet rooms near classrooms or the principal's office can house board games, LEGO tables, or puzzles, providing children with places to self-regulate and engage in calm play. Support teams can offer safe spaces with persona dolls or other interactive activities. Even one day a week dedicated to structured, music-driven play outdoors can enhance physical movement, coordination and joy.

At its core, play keeps children's minds flexible, curious and open to new ideas. By allowing exploration without rigid goals, children remain engaged with learning, nurture creativity and support mental health. Play and breaks are not mere rewards, they are essential components of a quality education. Structured learning and unstructured play together help children develop into healthy, resilient and successful individuals. ■



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Beautiful view,
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CANNONS CREEK PARTNERS WITH 'CLOTHES TO GOOD'

Cannons Creek Independent School recently partnered with textile recycling and disability empowerment organisation, *Clothes To Good* (CTG). The school collected 264 bags of donations totalling 1 900 kg after it ran a clothing, textiles and shoe clothing drive; with the bags being collected on 27 May 2026. "What a great opportunity to educate our families about conscious fashion and sustainability, while also encouraging social impact," said Marketer Mrs Deidre McCrindle.

CTG is a partner to the H&M retail group where the *Clothes to Play* programme has been created to empower community women through the development of

micro-businesses, create jobs for people with disabilities and create educational resources for children in low-resourced early childhood development (ECD) centres. In addition, this programme creates awareness of the fashion industry being the second-highest polluter globally and enables pupils of all ages to take a more active role in caring for the environment, while having the opportunity to create toys for low-resourced ECD centres.

"As an Occupational Therapist, I value initiatives like *Clothes To Good* because they create meaningful employment opportunities for persons with disabilities while also teaching communities about

Above: Ms Natalie Chisikana (CTG Operations Manager) and Mrs Ezette Potgieter (CTG Occupational Therapist) with members of the Cannons Creek organising committee: Hannah Van Aarde, Nihal Baiden, Qaylah Omar, Luke Wong Ho, Georgie Credé and Zahid Hamdulay.

sustainability and responsible recycling. Programmes like this do far more than collect clothing — they create spaces where individuals can build skills, experience purpose, and participate meaningfully in the workforce. It is encouraging to see schools involved in projects that not only reduce waste, but also contribute to dignity, inclusion, and long-term community impact through disability employment." *Mrs Ezette Potgieter, OT.*

PIRATES & PRINCESSES TREASURE HUNT

A magical treasure has been hidden at the school, and we need the finest crew in the land to help us find it.

Get ready to be amazed at a **magic show**, have fun with **sand art**, **decorate treats**, bounce on the **jumping castle** and so much more!

THE DETAILS:

Saturday 1 August 2026

Cannons Creek Independent School
(2 Nursery Way, Pinelands)

09h00 - 11h00

RSVP HERE
NO CHARGE BUT SPOTS ARE
LIMITED SO BOOK NOW!



What to Wear: Your finest princess gowns, glittering tiaras, favourite pirate gear, or eyepatches!
(Comfortable shoes recommended for walking the plank!)



Oliver Alie



The Variety Gala Performers

PINEHURST HALL BECOMES AN ORCHESTRA OF PARENTS!

What an absolutely unforgettable morning! Our regular 07:10 rehearsal transformed into a bustling hub of rhythm, connection, and a whole lot of laughter for our "Bring a Parent to Orchestra Day." Our VIP parents didn't just sit back and listen - they dived right into the deep end! Alongside their children, they tackled music theory basics and even mastered the art of conducting in 4/4 time. (As the conductor, I might have some serious competition!) Over and beyond the written scores, the morning was a beautiful masterclass in human dynamics. Seeing the proud smiles, intense concentration, as well as the shared joy between our young musicians and their families, was pure magic. A massive thank you to all the parents and relatives who woke up early, brought their "best listening ears", and infused our space with such wonderful energy. You are officially part of the orchestra family!

Looking Ahead: A Packed New Term

The Music Department has an incredibly exciting lineup of events coming up, and our pupils are already hard at work preparing:

- **Pinelands Primary's Centenary Music Concert:** Hosted at the prestigious Hugo Lambrechts Music Centre.
- **Pinehurst's Founders Day Ceremony:** A major highlight where we celebrate the school birthday with special performances by our choirs and orchestra.
- **Friendship Concert with the Tygerberg Children's Choir:** Hosted at the beautiful Cape Town City Hall where we get to enjoy performances by other school choirs and share the stage with an internationally recognised choir.
- **The Kaapse Afrikaanse Eisteddfod:** A whopping 42 music pupils, alongside several of our ensembles and larger performance groups, are currently polishing their pieces for this major competition. We wish them all the best!

Pinehurst Stars on the Big Stage

Our talent extended far beyond the Pinehurst walls this past May and June, with several pupils delivering spectacular performances at the Artscape Theatre. We could not be prouder of these achievements:

- **Oliver Alie:** As a member of the Cape Town Opera's Children's Chorus, Oliver shone in all six brilliant performances of Bizet's Carmen.
- **Our Variety Gala Performers:** A huge commendation to Iphe Nkalane, Lia de Villiers, Leah Workman, and Jude Kleinsmith! They performed at the Cape Philharmonic Orchestra's Variety Gala, sharing the stage with the Zip-Zap Circus and South African pop icons including Jimmy Nevis and Craig Lucas.

It was wonderful to see so many members of the greater Pinehurst community in the audience showing their support.

Mrs Marlene Cerfontyne

Pinehurst Music Department

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PINELANDER

Jason Adriaan

As a teenager, Jason featured in the August 2014 edition of the Muse as the best pupil at the Cape Gliding Club. This month we are delighted to hear where his career has taken him.

Article and images supplied by Jason



AN UPDATE FROM A FORMER PINELANDER

Back in August 2014, The Muse ran a piece on a young Pinelands schoolboy who had fallen in love with gliding and was quite certain that he would end up flying airliners.

More than a decade on, I thought it was worth writing in to report that aviation took me somewhere far more interesting than I had planned — and that the airline cockpit is still waiting in vain.

FIRM FOUNDATION FROM MIKE PASCOE

My way in, was the Young Falcon Aviation Academy at Ysterplaat, led by Bob Corbett, which took a group of us teenagers and introduced us to the Cape Gliding Club at Worcester. This is where the whole thing did properly take hold. But the person who genuinely set my course was a fellow Pinelands resident, Dr Mike Pascoe, whom The Muse itself profiled back in September 2012, “flying the thermals

and admiring the Earth’s patchwork below.” Mike is a physician who flies gliders for the love of it, an instructor at the Cape Gliding Club, and — I am glad to say — still very much at it. While I was still at school, he drove me out to Worcester again and again, and instructed me, and never asked for a cent. He once told this very magazine that glider pilots are “nutty as a fruit cake.” Having now spent the better part of my life among them, I can confirm the diagnosis is sound — and that I have become a textbook case myself. Whatever Mike is, his generosity is the reason I have the career I have today. I have never forgotten it, and I have tried to pay it forward ever since: helping young people find their way into gliding and aviation, for the same reason he helped me — because someone should.

THE AVIATION INDUSTRY IS VARIED

What I have learned since is that the aviation industry is enormous, and far broader than the airline pilot most people picture. I did not become one. Instead I work on the engineering and quality/compliance side of aviation, making sure aircraft are designed, built and maintained to world standards. I have somehow accumulated around 3 400 hours of flight time and ratings on more than fifty aircraft types along the way, which would have astonished the boy in that 2014 article.

WORKING AT JONKER SAILPLANES

Much of my work has been with Jonker Sailplanes in Potchefstroom, where I serve as Quality Assurance Manager. Jonker is a genuine South African success story: founded in 2004 by brothers Attie and Uys Jonker. The company flew its first glider, the JS1, in December 2006 and has grown from a handful of engineers into a world-class manufacturer with over a hundred employees. It is, in fact, the only

South African company holding an aircraft type certificate, and it exports its own designs around the globe — gliders now flown and chosen by some of the best competition pilots in the world. Alongside that, I run my own aviation consultancy, Dustdevil Aviation Solutions, serving other manufacturers and maintenance organisations. This work has taken me across the continent and into dealings with international regulators. I also still instruct and fly, and I am involved in test flying, aerobatics and formation display flying. These are the fruit-cake tendencies which have not improved with age.

SPECIAL EXPERIENCES

Two flying moments stand out for me. In November 2021 I flew just over 1 000 kilometres in a single glider flight without an engine, riding nothing but rising air for the better part of a day. The flight went from Potchefstroom in a two seat glider, and I took a friend of mine with to share the experience. The flight lasted about 8 hours. We flew all the way to the Botswana Border and back. Crossing the 1 000 km mark is a milestone many soaring pilots chase for years, and it remains one of the most



Scan the QR codes above to read the original article or visit www.pinelandsdirectory.co.za and go to “previous editions”.

www.pinelandsdirectory.co.za



The Jonker Sailplane manufacturing facility



Jonkers sailplanes



satisfying things I have done. Then in 2024 I won the South African Club Class National Championship, which was an enormous privilege among such a talented field.

I have also had the honour of representing South Africa at three World Gliding Championships: as supporting crew in 2018, and then as Team Captain in Hungary in 2022 and in Uvalde, Texas in 2024. The 2022 campaign in Hungary remains a career highlight — captaining the South African team to the Silver medal overall, the best result our country has ever achieved against all the competing nations.

JONKER SAILPLANE SUCCESS IN THE CHAMPIONSHIPS

Our home-grown machines continue to fly the flag, too: at the most recent championships the Jonker JS3 took both first and second place in the 18-metre class, and the company's new JS5 claimed second in the Open class — not bad for aircraft designed and built in a small town

like Potchefstroom. In recognition of each of those campaigns, I was awarded South African National/Protea Colours for gliding. This is a humbling honour, and not one the teenager in that 2014 article would ever have predicted.

MORE THAN MEETS THE EYE AT THE GLIDING CLUB

Here is the thing nobody tells you about a gliding club: it is far bigger than aviation. You turn up to fly, and you find yourself surrounded by people from every walk of life including doctors, engineers, farmers, accountants, lawyers, business owners, all united by the same harmless insanity. So if you take up gliding as a hobby while you are studying chartered accountancy or law, the odds are good that someone on the airfield already works in exactly that field and is happy to offer guidance, a contact, or an open door. I have watched it happen many times. You arrive hoping to learn to fly, and you leave with a flying licence and

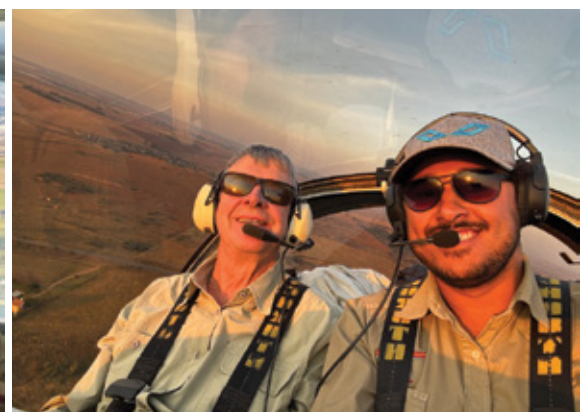
a professional network you never expected. None of this was the path I had mapped out at sixteen, and that is rather the point. Gliding is a small, affordable, almost humble corner of aviation — but for me it was the door that opened all the rest. The industry has room for almost any talent: engineers, designers, safety and quality specialists, instructors, manufacturers, regulators. You really do not have to be airline-bound to build a life in the air.

INTERESTED IN GLIDING?

So this is partly a thank-you — to The Muse, to Bob Corbett, and most of all to Mike Pascoe — and partly an open invitation. If any reader, young or not, wants to get into gliding or aviation and does not know where to start, please contact me. I will happily pass on what was so freely passed on to me. I can be reached at:

jason@ddasolutions.co.za.

Fruit-cake credentials not required, though they do tend to develop on their own. ■



Science & Innovation Fair

July 2026 | the muse | 10

YOUNG MINDS SHINE AT PINELANDS HIGH SCIENCE AND INNOVATION FAIR

Pinelands High School held its annual Science and Innovation Fair on 14 April, with more than 100 student projects on display. After more than 30 years, the fair has become a well-established part of the academic extension programme. All Grade 11 Science students take part, using the scientific method to investigate a question, test an idea or explore a problem that interests them. The range of projects this year was impressive. Some students focused on practical challenges, such as road congestion, water safety, food spoilage and sustainable fuel. Others looked at social issues, including period poverty and misconceptions about ADHD. There were also projects linked to biodiversity, housing technology, health and everyday problem-solving. Every year the standard of work improves. An external team of industry experts assisted with the marking and gave feedback to the students. With a grade average of 75%, the competition was strong. Thirteen Grade 11 projects, one Grade 9 project, and one combined Grade 10 and 12 project were selected to progress to the Eskom Expo for Young Scientists at UCT.

Above: Students progressing to the Eskom Expo for Young Scientists:

Front: Camilla Beatty, Emily McChlery, Huda Nacerodien, Clare Farrell, Kaleb October, Tara Hendricks *2nd row:* Jenna Petersen, Alicia Tuffin, Yaqeen Soeker, Ketso Ratele, Alexandra de Roo, Rania Mowzer, Jaime Mac Millan, Keyaan Bento. *3rd row:* Kendra Matthysen, Ewan Connan, Emily Richards, Ameen Meltor, Sarah Fortuine, Uthmaan Razak, Liam Fransman, Mark Zanga. *Back row:* Zachary de Witt, Ethan Williams, Ashleigh Parsons, Nathan Broster-Masureik. *Absent:* Esam Mjenxane, Ilhaam Isaccs, Tameeqa Booysen.

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MONEY MATTERS



**By
Sue Torr**
Director
Crue Invest

From accumulation to drawdown: The quiet psychological shift of retirement

For most of our working lives, saving for retirement appears relatively straightforward. You watch the balance in your retirement funds move up and, sometimes, down. You remind yourself that markets are volatile, but that time is on your side – and that during your peak earning years you will keep replenishing whatever markets take away in the short term. When retirement arrives, however, the relationship with your portfolio changes in ways that many people do not anticipate. During the accumulation phase, a portfolio feels like something you are building. In drawdown, it becomes something you are living off. While the distinction may sound subtle, the psychological shift can be significant.

Many retirees describe the same experience when they begin drawing income from their capital: a quiet anxiety that surfaces the first time money leaves the portfolio rather than being added to it. Even when the numbers work and the retirement plan is sound, there can be an emotional weight attached to withdrawing money.

Part of this response can be explained by loss aversion – the human tendency to feel losses more intensely than gains. But another part relates to identity. For decades, most people see themselves as builders of wealth, steadily contributing and watching their savings grow. Retirement introduces a different role: someone who now needs to spend the wealth they spent their lives accumulating. A deeper concern also often sits beneath the surface: What if I get this wrong? During one's working years there are corrective options available – work longer, spend less, or save more. In retirement, many feel that those options begin to narrow. As a result, the portfolio can start to feel less like a long-term investment strategy and more like a scoreboard for security.

One of the most common thoughts retirees express is: This is all I have left to live on. While understandable, this mindset can quietly reshape behaviour. Some retirees delay travel, avoid small pleasures, or feel guilty about spending money they can comfortably afford. In doing so, they may end up protecting a balance sheet that was meant to fund an enjoyable retirement.

At the other extreme, the same anxiety can drive a search for certainty. When

markets become volatile, some retirees respond by moving their portfolio entirely to cash because cash feels safe. While this may calm the nerves in the moment, it introduces another risk: the gradual erosion of purchasing power over time. If these experiences resonate, it may help to be aware of these behavioural traps:

- **Treating the portfolio like a bank account:** A retirement portfolio is not a salary replacement machine that behaves predictably every month. It will fluctuate, and checking its value too often can turn normal market movements into unnecessary stress.
- **Thinking in "forever" terms:** When markets fall, the instinctive fear is: What if it never comes back? It is more helpful to think in seasons rather than forever. Markets move through strong periods, weaker periods, and the long arc in between.
- **Confusing flexibility with failure:** Plans for retirement inevitably require adjustments over time, yet many retirees interpret this as evidence that they have miscalculated. In reality, flexibility is a strength. A plan that adapts to changing circumstances is far more resilient than one that assumes life will unfold as expected.

Helping retirees feel comfortable with drawdown often involves a few mindset shifts. Building an intentional 'permission slip' into your retirement plan by allocating money for travel, gifts, or meaningful experiences can reduce the guilt many people feel about spending. It can also help to think of retirement capital in terms of purpose – separating money needed for near-term income from capital intended for longer-term growth. Just as importantly, success in retirement should not be judged by the daily balance of a portfolio, but by whether you can remain disciplined and avoid emotionally driven decisions during periods of market volatility.

The most important thing to appreciate is that drawdown is not simply the reverse of saving; it is a new psychological chapter. Retirement is not about arriving with the largest possible pile of money and then cautiously tiptoeing around it. Instead, it is about building a structure that allows you to live well, with confidence, and with the flexibility to adapt as circumstances evolve. ■

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RETIREMENT

THANK YOU TO SHAYNE PITTENDRIGH FOR 21 YEARS OF EARLY CHILDHOOD CARE IN PINELANDS



Teacher Shayne Pittendrigh with some of the current and former pupils who attended Pebbles Play School over the past 21 years.



Shayne Pittendrigh

After 21 years of running Pebbles Play School in Pinelands, Shayne Pittendrigh, known to generations of children as Teacher Shayne, will close the much-loved preschool she founded, at the end of the year, having guided and nurtured more than 100 children through their tender, early years. Past and present pupils, as well as their parents, gathered in May to honour Teacher Shayne with a special tea party and recognise the valuable contribution she has made to their lives and the Pinelands community over the past two decades.

Key speakers shared the vital role she played in their lives, and the ripple effect her influence has had on their now-grown children. Reflecting on a career in early childhood education, Teacher Shayne shared some of the wisdom she has gathered along the way.

What do you think children need most in the early years?

I would say a sense of stability, routine, love and not being expected to make decisions that adults should be making.

Parents often feel enormous pressure to help their children “get ahead.” How have your thoughts on early learning and childhood changed over the years?

There seems to be a lot of pressure for children to rush towards adulthood. Spending time reading, drawing, having fun together and simply being with children should be the first ‘goal’. That’s not to say boundaries are not necessary. A child should be guided to develop reasonable boundaries. But it is not necessary to entertain children all the time. Some space should be made for children to discover the benefits of a little boredom.

It seems childhood has become frantically busy — always having someone to play with or somewhere to be multiple times a week. Maybe a little less busy would bring more reward. Once childhood is gone, it’s gone for a very long time.

Pebbles has been part of the Pinelands community for more than two decades. What role does community play in raising children?

Pinelands has a well-developed sense of community. In my opinion, children who grow up in a community where they can be part of something bigger than themselves have the opportunity to become community-minded people who make their part of the world a better place.

What have children taught you over the years?

So many things! My favourites are that there is always another way to do or use something. Sometimes it’s necessary to step out of the usual routine and be a little silly. Put the phone down and give your child your heart and your eyes. Little children are very interesting conversationalists, and some are surprisingly philosophical! ■

Pinelands High School’s Jazz Band has done the school and community proud, placing second in the Band Slam Finals held at the V&A Waterfront Amphitheatre on 15 May 2026. Band Slam is a Western Cape schools music competition giving high school bands the opportunity to perform in a live public setting and share their talent with a wider audience. This year’s competition attracted 44 high schools, with 15 selected to perform in the semi-finals over four nights. From there, only three schools were chosen to take part in the finals. Pinelands High School performed alongside Settlers High School and Rustenburg Girls’ High School, delivering a confident and memorable performance. Settlers High School placed first, Pinelands High School placed second, and Rustenburg Girls’ High School’s Blu Quaver placed third. The achievement reflects the commitment and teamwork of the Jazz Band members, as well as the dedicated support and guidance of their music teachers, Ms Esau and Mrs Jurgens.



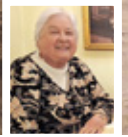
PINELANDS HIGH JAZZ BAND HITS A HIGH NOTE AT BAND SLAM FINALS



Prague

Prague, capital of the Czech Republic, is a city of grace and elegance known as the "City of Spires"

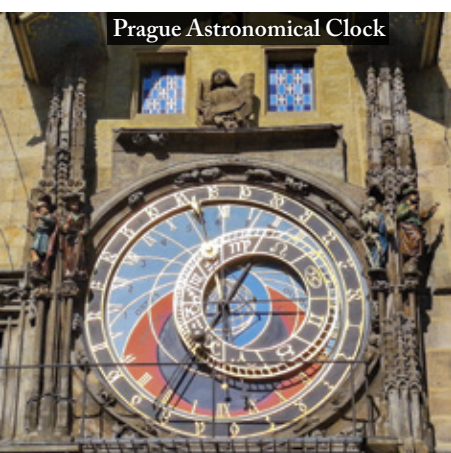
By Judith Gordon



At sunrise, the River Vltava (also known as the Moldau) is majestic, misty and flowing at an unhurried pace through thirty kilometres of the city of Prague under eighteen bridges, the best-known being Charles Bridge (see image above), adorned with thirty statues. My companion Elizabeth and I had risen early and used the underground to arrive in time to witness the pink dawn and to see the brides on the bridge, shivering in their white dresses but carrying out an old custom of a supposedly romantic start to their day. In between photographs, fathers covered the brides' shoulders with their own wintry and unromantic coats. Until 1841, Charles Bridge was the only way of crossing from the Old Town to the Castle District and St Vitus Cathedral. This allowed Prague to become a trade route between Eastern and Western Europe. Four areas emerged as the city grew: the Hradčany or Castle District, the oldest ancient castle complex in the world; below it the Lower Town (Malá Strana); across the river the Old Town (Staré Město), and the New Town (Nové Město).



Stepping into the surreal:
Prague's tribute to Kafka's
Description of a Struggle



Prague Astronomical Clock

We plodded up the hill to the cathedral to admire its huge flying buttresses but also to bemoan the news that it was closed because of a "theological occasion." Did the priests have to use their cathedral when we wanted to see it? Millions of tourists come every year, most wanting to see inside and like us, with little chance to return. This misfortune for us did have a beneficial result as we opted to explore the close-at-hand Lobkowicz Palace, one of the palaces owned by (former) Prince Lobkowicz, the head of a great Bohemian aristocratic family. A security guard confided in me that they all still call him Prince and that he is much-respected and beloved. Opened only in 2007, the Lobkowicz Art Collection is extensive, beautifully displayed and contains works by Canaletto, Pieter Brueghel the Elder and Diego Velazquez. The final painting is of Ricky their dog, recently deceased and much missed.

On the way down are good views of the patchwork of towers, domes and red roofs mostly spared from the destruction of war. The lower slopes of the hill form an area of gracious mansions and palaces housing embassies, including the Wallenstein Palace, now the seat of the Senate, its formal garden rich with bronze statues (copies: the originals were taken by the Swedish army in 1648). At the far end, there is a strange artificial cave known as The Grotto, made of lava-like material with stone creatures in its crannies. Completed in 1888, it is something of a mystery but entertaining to adults and children alike.

In the Old Town is another marvel: one of the oldest working astronomical clocks in the world dating from 1410. (see image on the left and on the cover). On the hour, a skeleton rings the bell and figures of the Apostles parade past the back of the two windows. Crowds jostle for views, even at night, their raised cell phones blocking the view of others. Not far away, the Josefov neighbourhood was formerly the Jewish ghetto now offering access



Prague City Museum

to historical synagogues and cemeteries. The Spanish Synagogue was golden and splendid, so-named for its impressive Moorish interior design, influenced by the Alhambra. Close by, there is an extraordinary statue commemorating writer Frans Kafka, who was born near there.

Both Elizabeth and I had been excited to hear that Lucy would be on display in the Prague Museum. Lucy is a fossil which lived 3.2 million years ago, discovered in 1974 in Ethiopia. Her skeleton is forty per cent complete and has aroused great ongoing interest in scientists regarding the size of her brain (or lack of it) and her ability to walk upright. We had bought tickets in advance, and were somewhat smug to walk past a sign saying "Museum sold out today". Lucy was in a glass display cabinet in a darkened room, several guards at the ready. The large and grand museum building is at the top of the main boulevard of New Town, just behind a big statue of Saint Wenceslas.

Our last highlight was a superb concert in the Liechtenstein Palace by string players from the Czech Philharmonic Orchestra. Of course it included Vivaldi's Four Seasons, published two hundred years ago in Amsterdam in 1725. Smetana's Moldau was more than usually poignant as the river was only a few meters away: we had crossed it to arrive, and afterwards re-crossed it by the Charles Bridge, the twinkling water and steady flow an appropriate climax to our stay in this graceful and elegant city. ■



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By Nina Timm

Cook, teacher, blogger and author of *Easy Cooking from Nina's Kitchen* and *Maklike Etes uit Nina se Kombuis!*

Cheese Fondue with Hot Smoked Trout Bites and Trout Bangers

Serves 4

Fondue Sauce Ingredients

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup milk - or half milk, half cream
- ¼ teaspoon white pepper
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ⅛ teaspoon nutmeg
- 2 cups extra sharp cheddar cheese, grated

Protein

- Hot smoked trout bites
- Trout bangers

To serve

- 4 firm rolls, small sosatie sticks

Prepare the rolls

1. Cut the top of the bun off.
2. Scoop out a well into the roll leaving a thick edge to keep the roll firm.

Prepare the protein sosatie sticks

1. Cut the trout bangers into 1.5 cm thick rounds. Cook the trout bites and trout banger pieces in the air-fryer for 5 min at 180 °C or until a light golden colour.
2. Construct mini sosaties with the cooked trout using rosemary twigs.

To make the sauce

1. Melt the butter in a medium saucepan over medium-high heat.
2. Whisk in the flour and cook for about one minute. The flour-butter mixture will be bubbling. When the flour is blended in completely then you know you are ready for the next step.
3. Slowly whisk in the milk followed by the white pepper, onion powder, garlic powder, and nutmeg.
4. Lower the temperature to medium-low heat. Add the extra-sharp cheddar cheese and whisk until melted.
5. Turn off the heat and serve immediately.

To Serve

Serve the sosaties while the cheese sauce is hot. Dip the sosatie stick into the cheese sauce to cover the trout and the banger and enjoy the delicious creamy combination.



Enjoy a cheese fondue in a roll

Winter arrived with a bang and so did the yearning for comfort food. Who craves a salad in winter. Rather soups and stews and the ever sinful hot puddings with custard. This Cheese Fondue is a wonderful "home movie night" idea or a quick dinner idea if you still have teens in the house.

Cheese fondue has deep origins in Switzerland and is considered a national dish. When using a fondue pot there are various alternatives to a cheese fondue. For a meaty dinner the pot is filled with oil and heated for guests/family to dip metal skewers spiked with meat into the oil to cook. The cooked meat is then dipped into various sauces and eaten warm.

For a sweet version of fondue, there is the chocolate, very decadent fondue. The pot is filled with melted chocolate and cream. Skewers with fruit or marshmallows can be dipped into the chocolate and eaten warm. Yum!

If you don't have a fondue pot, hollow out some crispy rolls and voilà, problem solved. The rolls can also be toasted to make them more firm and of course afterwards...the roll (fondue bowl) can be eaten too!

An idea for sundowner snacks is to serve the cheese sauce in a hollowed out baguette and supply small skewers to dip fresh crudités, chopped cooked sausages or potatoes into the cheese sauce.



Chocolate Fondue

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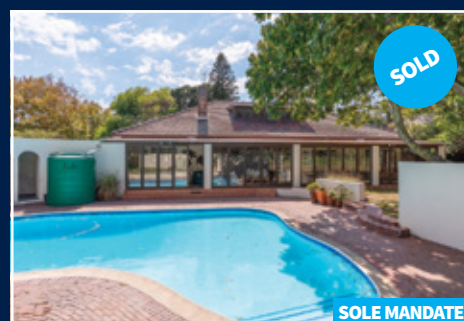
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