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PINELANDS COMMUNITY MAGAZINE

ISSUE 179 | December 2026



Summer Mocktail
Heleen Meyer



Christmas in Salzburg
Brian Watkyns



Pinelander
Alderman Clive Justus



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WELCOME



THE MILK OF HUMAN KINDNESS

Would you believe that the phrase in the title was originally presented as a character flaw? In Shakespeare's play, the ruthlessly ambitious Lady Macbeth fears that her husband, Lord Macbeth of Glamis, is too kind and honourable to murder the Scottish King Duncan to fulfil the witches' prophecy and claim the throne for himself in the quickest possible manner. She laments: "*Yet do I fear thy nature. It is too full of the milk of human kindness to catch the nearest way.*" Things don't end well for her, wracked with remorse and madness.

If only she had rather been a character in a Charles Dickens novel, as he believed in the triumph of the goodness in the human heart over mean spiritedness and that redemption to the charitable and moral path was possible for all lost souls. He further believed that the true measure of a person was not their wealth or standing, but rather their humbleness and service to others. He captured this in the words, "*No one is useless in this world who lightens the burden of it to anyone else*," spoken to Bella Wilfer when she felt sad and worthless in his novel "*Our Mutual Friend.*"

In turbulent times we can but hold true to his view that love, good cheer and compassion are what truly endures and holds human society together above all else.

In this, our last edition for the year, Glynnis and I wish you all well as you celebrate the season and year end. We are grateful for your continued support and interest in the Muse magazine. We take our annual break in December so there will not be a January edition. We return in the new year with the February edition, published on 2 Feb 2027.

I hope you enjoy this edition.

Max Schutte



(English) Robin

After a recent trip to the UK, I thought that perhaps the quintessential English Christmas bird should feature for the December issue. Generally regarded as UK's favourite bird and familiar to everyone, at least on Christmas cards.

Orange-red feathers cover both face and breast. Robins are found in woods, parks, in fact anywhere with scrubby vegetation. They happily nest in nest-boxes, garages and sheds and are frequent visitors to bird feeders. Robins feed mainly on insects and grubs, but in the winter months will switch to fruit and seeds if available. They often follow gardeners around looking for disturbed insects and grubs. The call is beautiful and melodic, with no two verses the same. They sing throughout the year and can often be heard singing at night.

Bird feature author: John McFarlane, enjoys the company of garden birds at his home in Pinewood Village.



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Max Schutte

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Glynnis Schutte

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December

Saturday **28** Nov 2026
CHOC 5KM FUN RUN 08:00
The Childhood Cancer Foundation of South Africa is hosting a *Run, Walk, Move for Hope* fun run with goodie bags and prizes for the whole family starting at Prieska Road Park, Sybrand Park at 08:00. Adults R120. Under 18's R60. Register at *wcadmin@choc.org.za*.

Sat **28** November 2026
PINEWOOD VILLAGE ANNUAL FÊTE
Join us between 09:00 and 13:00 for plant sales, book sales, bric-a-brac, eats and drinks including boerie rolls, bacon and egg buns, and pancakes in the tea lounge. There will also be crafters and much more. *Call 072 448 082.*

Sunday **29** November 2026
CHRIST THE KING CATHOLIC CHURCH
CHRISTMAS MARKET 10:00 to 13:00
You are invited to our Christmas Market in Woodside Drive, Pinelands for a wonderful community morning with delicious food, Christmas gifts and ornaments, new and pre-loved clothing, books, bespoke handmade items, toys and much more! All welcome!

Wed **2** Dec 2026 09:30 to 11:00
HAPPY HOUR SOCIAL GROUP
Come to the Pinelands Library Activities Hall and enjoy the end of year party!
All welcome. *Call Santa 083 235 6730.*

Thursday **3** Dec 2026
PAGE TURNERS BOOK CLUB 10:00 to 11:00
Come to the Pinelands Library committee room and meet author and neurosurgeon Dr. Shafik Ahmed Parker. Book Title: *Parcel Baby-Aliases, Apartheid, Neurosurgery.*

Saturday **5** December 2026
PINELANDS METHODIST CHURCH
"MARKET ON UNION" 09:00 to noon
'Tis the season … gifts and gift ideas, bric-a-brac (what might you find?) Christmas eats and treats, plus Saturday brunch, takeaway meals, a good cuppa with good company and live music. Browse the stalls and get creative. In the church hall at 2 Union Avenue. *Call Joan on 082 810 1889.*

Saturday **5** December 2026
OUR LADY OF THE BLESSED SACRAMENT CATHOLIC CHURCH
Come to 2A St. Stephen's Road from 09:30 to 17:00 and celebrate Christmas with us! Explore unique gifts, local art, fresh produce, plants and creative stalls from talented local traders. Enjoy refreshments and delicious meals at our sit-down Sacred Heart Café, while the little ones have fun on the jumping castle!

Sat **5** to Wed **23** Dec 2026
PINELANDS CRAFT AND GIFT FAIR
Look forward to relaxed Christmas shopping at Pinelands High School and choose from a variety of gifts from 200 crafters. There will be coffee and light meals and a **pop-up plant nursery** in this child friendly environment. *See advert on this page.*
Monday to Friday 09:00 to 19:00
Saturday and Sunday 09:00 to 17:00

Wed **13** Dec 2026 to Sat **6** Jan 2027
CHRISTMAS LIGHTS POPLAR WAY
Come and see the magical Christmas lights on the corner of Manatoka Avenue and 16 Poplar Way between 20:00 and 22:00. Support the dog and cat food collection. *See more pg10.*

Saturdays 2026 09:00 to 13:00
BRIC-A-BRAC SALES FOR KAPS
Visit Gloria at the Pinelands Club and see what treasures you can find at her bric-a-brac table. Donations of dog and cat food plus pet bedding are always welcome. For collection *Call 083 450 2782..*

Pinelands Library *Call 021 814 1780*
- **PLANT SWAP:** No plant swap in December
- **PINEES PRAM JAM:** Fridays 10:00 to 10:40 with a break from 11 December and resuming 15th January 2027.
- **FAMILY BONDING:** Saturdays 10:30 to 11:00.

Wednesday **27** Jan 2027
PINELANDS STAMP CIRCLE
Meet at 18:30 in the Activities Hall above the Pinelands Library. This will be an All Members meeting with the theme *New Acquisitions and Favourites*.
Email Martin: m.tristan.crawford@gmail.com.

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Happy Holidays







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Alderman Clive Justus retires on a high note after being named Councillor of the Year!

After 38 years of exemplary service to the City of Cape Town, Alderman Clive Justus of Thornton expresses his deep gratitude to colleagues, friends and family who have shared this auspicious journey with him. The Muse looks back on his career and wishes him and his family a long and happy retirement.

WHERE THE LONG JOURNEY STARTED

After completing a BSc and Bachelor of Eduction at UCT, Clive began his career as a teacher at Thornton High School and then as a lecturer in Horticulture and Nature Conservation at Cape Technikon. Recently Clive and Sandra celebrated their 43rd wedding anniversary. They were blessed with two sons and three grandchildren. *(See Muse article December 2013 at www.pinelandsdirectory.co.za)*

A GROWING INTEREST IN COMMUNITY NEEDS IS SPARKED

After serving in the local ratepayers Clive stood for his first election, encouraged and helped by friends and family. He was voted in as the councillor for the residential areas of Thornton and Maitland together with the industrial and commercial areas of Epping Industria, Ndabeni, Salt River and Foreshore, in 1988. The volume of work as executive council member for City Planning meant he had to give up his teaching post at Cape Technikon and so began his long term concentrating on his duties as a City Councillor.

In 2006 Clive was bestowed with the honour of Alderman - a title he will hold for the rest of his life - in recognition of long service, experience and leadership qualities. As Clive passes the baton on to the next generation he ponders the position he has just left: "Looking back across a career spent navigating municipal governance, council decisions, and community leadership, the standard you set for yourself speaks directly to the heart of what ethical leadership demands:

Integrity & Accountability: Holding the line on transparency and doing the right thing behind closed doors, even when political expediency or short-term gains push in the opposite direction.

Fairness & Respect: Treating every resident, colleague, and constituent with dignity, recognising that public office is a stewardship, not a personal platform.

Service Over Self: Focusing steadfastly on long-term stewardship and working toward a "City of Hope", ensuring that communities are left demonstrably better than they were found."

CAREER HIGHLIGHTS

There were many highlights over the years, but the most fulfilling was as a Mayoral Committee Member leading the Municipal Services portfolio during the preparation and execution of Soccer World Cup 2010, being responsible for Water and Sanitation, Electricity and Waste Management.

Clive's most recent responsibility was as Chairman of the Economic Growth Portfolio Committee which monitors programmes, projects and policies that stimulate growth in the City's economy ensuring that the unemployment queue is shortened.

THE NEXT ADVENTURE

Both Clive and Sandra are well known in their suburb where they have lived for 43 years. The work hours may change but the love they have for their community continues. There will be more time for travel and spending time with family, mentoring new councillors, and continued involvement with the church. ■

CLIVE'S CHRISTMAS MESSAGE

The spirit of Christmas is doing for others.
Never forgetting we're sisters and brothers.
Sharing our blessings wherever we go.
Caring for people and letting them know.
Spreading warm feelings of peace and good cheer.
Making each person feel special and dear.
The spirit of Christmas is love.
May your Christmas be richly blessed with love, joy, peace, and happiness throughout the festive season.





Left: First election as a councillor in 1988
Right: Clive and Sandra enjoying a trip on the Queen Anne in 2025.

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PRINCIPAL'S ARTICLE

LET THEM CLIMB!
WHY OUR CHILDREN NEED A LITTLE RISK IN THEIR LIVES



By Samantha Anderson

Principal
La Gratitude
Pre-primary School



ARE WE OVER-PROTECTIVE?

As parents and educators, one of our greatest instincts is to protect our children, I know I am like that with my son. We want to keep them safe, prevent them from getting hurt and, if possible, make sure that their childhood is filled with happy experiences and very few tears and disappointments. But have we maybe become so focused on protecting our children from getting hurt, that we are unintentionally protecting them from some wonderful learning opportunities that they need to develop and grow?

LEARNING FROM "RISKY PLAY"

Think about a child climbing a jungle gym, balancing on a log, jumping off a small wall or exploring a muddy garden. How often do we find ourselves immediately calling out, "Be careful!", "Get down!" "You're going to hurt yourself!" or even "Don't get too dirty!" Of course, these phrases come from a place of love and concern. But research into early childhood development is increasingly highlighting the importance of allowing children to experience what is known as *Risky Play*.

SO, WHAT IS RISKY PLAY?

It is not about allowing children to do whatever they want or exposing them to unnecessary danger. It rather refers to age-appropriate play that involves an element of challenge, excitement and uncertainty. This might include climbing, balancing, jumping, running, exploring nature, using suitable (age-appropriate) tools or engaging in rough-and-tumble play with friends. These experiences allow children to test their abilities, make decisions and discover what they are capable of.

LET CHILDREN THINK FOR THEMSELVES

Perhaps, what we need to consider is how quickly we intervene. Instead of immediately shouting, "Be careful!", perhaps we could stop for a moment and observe. Instead of saying, "Get down, you'll fall!", we could ask, "Do you feel safe up there?" or "How are you going to get down?" These small changes encourage children to think for themselves while still allowing us to guide and protect them.

RISKY PLAY HAS DEVELOPMENTAL VALUE

Research published by the Canadian Paediatric Society, as well as a few other international studies, supports the developmental value of outdoor risky play. Researchers have linked these opportunities to physical activity, social development, confidence and the ability to manage uncertainty. There is even growing interest in how adventurous play can help children learn to cope with feelings of fear and anxiety, which does seem more prevalent these days. Recognised developmental benefits associated with "risky play" include the following:

- developing resilience
- managing frustration
- managing disappointment & failure
- developing decision making skills
- developing problem solving skills
- learning boundaries
- improving communication
- learning conflict resolution
- learning negotiation and co-operation

ALL PART OF GROWING UP

Maybe one of the most important things we can remember is that our job is not to create a childhood without challenges, but to help our children develop the confidence and skills to face those challenges. Scraped knees, muddy clothes, occasional bumps and a little frustration are not necessarily signs that something is wrong. Sometimes, they are just a part of growing up.

LET THEM TRY

So, the next time you see your child climb a little higher, try something new or work through something tricky, take a breath before stepping in. Watch, encourage and offer support when needed. Let them explore, let them try and, within safe and appropriate boundaries, let them take a few risks. Our children need us to protect them, absolutely. But they also need us to trust them. And sometimes, the greatest gift we can give them is the confidence to discover just how much they are capable of achieving on their own. ■

MATHEMATICAL EXCELLENCE:
PINEHURST PRIMARY'S EVAN RIX SECURES SILVER IN NATIONAL SA MATHS CHALLENGE

In a stunning demonstration of problem-solving prowess, Evan Rix has officially been placed among South Africa's elite young mathematicians. Competing in the prestigious South African Mathematics Foundation's (SAMF) SA Maths Challenge against thousands of the nation's brightest minds, Evan secured a top 11 finish nationwide. His remarkable analytical talent and determination earned him a coveted Runner-Up Silver Medal, bringing immense pride to the entire Pinehurst Primary community. This achievement highlights Evan's exceptional dedication and serves as an inspiration to his fellow pupils. Congratulations to Evan on taking his place among the country's rising mathematical stars!



Right: Brendan Carroll, Headmaster of Pinehurst Primary School with Evan Rix

REBECCA GRAY, 16, COMPETES IN THE 42ND EDITION OF THE 2026 NATIONAL YOUTH MUSIC COMPETITION (NYMC)



This year, Rebecca Gray (16) is the only musician from Pinelands who made the cut as one of the 28 selected contestants for this year's National Youth Music Competition.

This is the 42nd edition of the competition, which will run from 1 to 5 December at the Endler Hall in Stellenbosch.

This is Rebecca's third successful entry. In the 2025 NYMC, she progressed to the final round. Her cello teacher is Graham du Plessis. For the contest she prepared nine works from different style periods and various composers. Should she progress to the final round and gala concert on 5 December 2026, she will perform with the Cape Town Philharmonic Orchestra (CPO). Her choice for that round is the first movement (Adagio) of the Cello Concerto in E Minor, Op. 85 by Sir Edward Elgar.

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Salzburg

By Brian Watkyns

Where can one experience an atmospheric Christmas-time in early December? After researching, we chose Salzburg, Austria, famed for its historic Christmas markets and with the added tourist attractions of Mozart and the filming locations for the *Sound of Music*. Salzburg, the birthplace of Mozart is a UNESCO World Heritage Site located along the Salzach River. Salz means salt and refers to the now depleted salt mines in the surrounding mountains. The river Salzsach runs through the town and carried the salt from the mines into town for export. The city now relies on tourism, with one in five adults working in tourism. The town is divided by the river into *old town* mainly on one side and *new town* on the other side. The tap water comes directly from underground and mountain sources and is so pure that no treatment is needed.

On our arrival in Salzburg the temperature was a crisp, cold - 3^{0}C. Walking to our hotel, we saw advent wreaths on many front doors and crib scenes set up everywhere, even in small hardware shop windows! We bought a Salzburg Card which gave us free or reduced prices to many attractions, before setting out to find a pub for a traditional meal and local beer.

The next morning, we were off to our first Christmas market. Officially there are fifteen markets with five dotted around central Salzburg. We headed for the main market, the Salzburg Old Town Market (Salzburger Christkindlmarkt). It dates back to 1491 and is one of the oldest Christmas markets in Europe. There are about 100 traditional wooden chalet stalls. Like most markets, it features handmade goods such as Gewürzsträußchen a traditional decorative arrangement made of cloves, cinnamon and dried pinecones or nuts, along with Christmas-themed hand-carved wooden figurines, toys, and intricate tree ornaments and hand-blown painted glassware.

In the afternoon we went on a free guided tour of the city. These tours are booked online with a donation at the end. Our guide provided a wealth of information about the history of the town as well as tips on what to visit and where to eat. On the tour we walked through a number of Christmas markets, each with their own ambience. We also visited the Pegasus fountain in the Mirabell Gardens which features in the Sound of music scene when they sing "Do-re-mi".

In the evening we used the Fortress Funicular (Festungsberg), a steep cable railway that has been operating up the sheer cliff of the Mönchsberg since 1892. At the top is the Hohensalzburg Fortress, a fully preserved medieval castle built in 1077 where we had booked dinner and a concert. We enjoyed a traditional meal consisting of bread rolls with two sauces, beef soup with semolina, stuffed turkey with truffle mashed potato, a "Mozart" dessert and a glass of local red wine. After dinner we moved to the Arms Hall (Wappensaal) which features massive columns, small stone-carved windows and armoury décor. Here the primarily Mozart concert was performed by the Mozart Kammerorchester Salzburg.

The following morning, we again ascended Mönchsberg to explore the Fortress in daylight and visit the museum. There were excellent views of the city and surrounding mountains from the top of the Prison Tower. We returned to the city centre where Mozart is evident everywhere you go including life



Christmas market on Residenzplatz. Insert: Cardboard cutout of Mozart



Ann & Brian




The Hohensalzburg Fort at night

size cardboard cut-outs outside shops. He was born and grew up in Salzburg but as expected, there is no mention that he left for Vienna in a huff at age 27. He wrote to his father, that for him, Salzburg did not exist. He briefly returned only once, in 1787.

We walked to the house where Mozart was born on the third floor in 1756. The cramped rooms hold Mozart's childhood violin and clavichord among other items. We then walked to the home where the Mozart family moved in 1773. The building was bombed in 1944 and rebuilt in 1996, recreating the eight spacious rooms. The museum focuses mainly on the family but includes Mozart's fortepiano with a harpsichord, a clavichord, three baby grands and two of his violins with some of his original scores.

Leaving the museum, we made our way to Café-Konditorei Fürst to buy the "Original" Mozartkugeln (Mozart Balls) - handmade and wrapped exclusively in silver and blue foil. These were created by Paul Fürst in Salzburg in 1890, featuring pistachio-marzipan wrapped in hazelnut nougat dipped in dark chocolate.

As evening approached, we were back at the smaller Sternadvent Christmas market where we bought a wood-carved nativity scene figurine before enjoying Glühwein, a traditional hot spiced mulled wine, in a ceramic cup.

The next morning started with a visit to the Salzburg Catacombs (Katakomben St. Peter) which are alcoves and chapels carved into the stone cliffs of Mönchsberg by monks in about 400. Walking past St. Peter's Abbey founded in 696, the entrance to the catacombs is through the St. Peter's Cemetery (Petersfriedhof). The cemetery and catacombs appear in *The Sound of Music* when the von Trapp family hide among the graves. We climbed the 48 steep steps carved in the cliff to the 1178 Chapel of St. Gertrude (Gertraudenkapelleb) and then a further 40 steps up to the older Maximus Chapel. We also explored the alcoves used for secret meetings when Christians were persecuted in 440.

In the afternoon we visited the Dom Quartier Salzburg and Dom Zu Salzburg (Salzburg Cathedral). The opulent State Rooms of the Residenz, which included Prince-Archbishop's study and bedroom, were all adorned with crystal chandeliers, tapestries, and gold-leaf stucco. The halls, like the Carabinieri Hall, have high baroque ceiling frescoes. We stopped to enjoy an overview of the old town from the Cathedral Arcade Terrace. We entered the 1628 Salzburg Cathedral from the organ gallery which provided an amazing overall perspective of the Cathedral's interior which was restored and consecrated in 1959 after being bombed in 1944.

We continued through the Cathedral Museum with Christian relics dating back 1 300 years, followed by the Long Gallery with its large-scale religious paintings from St. Peter's Abbey. We ended the tour at the most intriguing1612 Chamber of Art and Curiosity Cabinet exhibiting both natural and man-made artifacts including stuffed animals, birds and fish. The collection was originally owned by Prince-Archbishop Wolf Diedrich von Raitenau. He was a powerful salt mine owner which led to his downfall when in 1612 he was imprisoned regarding salt mine rights.




Nativity scene at the market

Salzburg in December is an enchanting experience. For us, the only thing missing was snow which fell six days after we left. ■

ELAINE MUNNIK – A SPARKLING FIRST CENTENARIAN AT PINELANDS GROVE!



Elaine celebrated her 100th birthday surrounded by her extended family on Sunday 1st November 2026. She was one of five daughters born to the Gibbon family who lived in Goodwood. She and Puggy Munnik were married in 1952 and created a happy home for their 3 sons, James, Neil and Edward. Unfortunately James passed away at the age of 57.

While she was rearing the boys as a homemaker, Elaine learnt to play bridge, a card game she enjoys and still plays to this day. Pug was a teacher in Graaff-Reinett which became their home for many years. In 1970 they enjoyed boat trips to and from England and Scotland. They also visited Israel, and in Jerusalem walked where Jesus had walked en route to Golgotha.

Later Pug taught at Simonstown High and then they retired to Crassula Way in Pinelands. Subsequently, on a short stay in Veldrift on the West coast, they saw an advertisement for retirement living at Pinelands Grove, and arrived here in January 2017. Elaine remains cheerfully active and always in good spirits. She has seven grandchildren and three great-grandchildren who she sees regularly.

Elaine had a very jolly celebration on her birthday, followed a few days later by another happy party at Pinelands Grove. We wish her well with continued good health and vigour, many more bridge games, and with the love and respect of her many friends and fellow residents.

Compiled by John Gibbon, unfortunately not related to Elaine's Gibbon family!

DON'T MISS THE CHRISTMAS LIGHTS IN POPLAR WAY!

20 years ago this wonderful Pinelands tradition was begun by Tom Botha's father and is continued today by Tom to entertain children and the young at heart in Pinelands. Come to the corner of Manatoka Avenue and 16 Poplar Way to enjoy the display of Christmas lights. This year Tom is collecting cat and dog food for distribution by the Pinelands Village Vet.



RED-A-FAIR 2026: A CELEBRATION OF COMMUNITY SPIRIT

On 30 October, Pinelands North Primary School hosted its much-anticipated RED-A-FAIR, welcoming families, friends and members of the wider community for a memorable day of entertainment and celebration. The school grounds were filled with excitement, with a variety of rides, games, food stalls and activities catering to visitors of all ages. The event provided a wonderful opportunity for the school community to come together and enjoy a day of shared experiences. The success of RED-A-FAIR was made possible through the dedication and collective efforts of our parents, staff, volunteers and sponsors. We extend our sincere appreciation to everyone who contributed their time, resources and support, both in the preparation and on the day. We look forward to building on this success and welcoming our community back in 2028!



A HEARTFELT THANK YOU FROM THE HELEN KELLER SOCIETY!

A grateful thank you to our wonderful community, volunteers, staff, Rotary, Lions Club and Western Province Caterers for making our Annual Fête on the 3rd October such a success! Together, we raised over R108 000!

We are especially grateful to everyone who went beyond the call of duty, always with a smile, and to those who generously made cash donations. Funds raised will support our community outreach programme namely our free professional Low Vision Service, and our Staff Commuting Fund, including making a difference to the lives of our residents. Your kindness, generosity and hard work make a real difference. Thank you for helping us help others!



By
Sue Torr

Director
Crue Invest

Boring by design:
Why the best investing rarely feels exciting

One of the most useful re-frames we can offer clients is that a well-run investment strategy should feel uneventful. This is not because nothing is happening in markets, but because the portfolio has been constructed to absorb the noise without requiring a response to every headline, price movement or prediction.

Most investors are not building portfolios for entertainment. They are investing to create choices - the ability to retire with dignity, fund a child's education, manage healthcare costs, assist family members without undermining their own security, or preserve wealth for the next generation. Achieving these objectives requires a system that is resilient, repeatable and relatively boring.

The challenge is that the investment environment does not encourage patience. Financial news, performance rankings and hot tips create the impression that the next decision could change everything. Investors are continually shown what rose fastest, which fund topped the tables and which theme is shaping the future, making a disciplined portfolio feel slow even when it is doing exactly what it was designed to do.

In reality, successful investing is seldom the result of a series of brilliant moves. It is more often the outcome of ordinary decisions made consistently over long periods: saving regularly, remaining diversified, controlling costs, rebalancing when necessary and allowing compounding sufficient time to work. Remember, choosing not to act is also a decision.

Behavioural risk enters when investors confuse activity with progress. They monitor their portfolios more frequently than their goals require, compare themselves with people who appear to be "winning", and start questioning whether their own strategy is working quickly enough. While greater awareness may feel constructive, it can deepen emotional involvement in short-term market movements, increasing the temptation to abandon a long-term plan when markets become uncomfortable. When markets rise, confidence generally rises with them and patience begins to weaken. A diversified portfolio may suddenly appear too conservative because it has not participated fully in the most fashionable part of the market. When markets fall, the opposite occurs: cash begins to feel safe, investment risk feels reckless and waiting for conditions to improve appears sensible.

A portfolio that is repeatedly repositioned according to the mood of the moment is prevented from doing its job, which is to produce risk-appropriate returns over an extended period.

Strong market rebounds often follow periods of significant weakness, which means that investors who step aside until conditions feel calmer risk missing some of the market's most important days. By the time confidence has returned, prices may already have recovered materially. In such cases, the strategy may not have failed; rather, the investor was unable to remain invested while it was being tested.

This is why a sound financial plan should reduce the number of decisions an investor needs to make. Appropriate planning is not intended to predict every turning point, but to create a portfolio capable of functioning across a range of outcomes

Some investors genuinely enjoy speculation and the feeling of participating in market action, and there is nothing inherently wrong with this provided it is properly contained. The concept of "Las Vegas money" can be useful here: a small amount that can be lost, in full, without affecting retirement, education funding or other long-term objectives, and which is treated as entertainment rather than as the foundation of the investment strategy.

From an advisory perspective, investment planning is both technical and behavioural. Portfolio construction, tax efficiency and outcome modelling matter, but so does helping clients keep decisions anchored to purpose rather than emotion. A plan is not meaningfully tested when markets are calm; its real test comes when headlines are alarming, confidence is low and the urge to act feels strongest.

Money has a job, and excitement is rarely part of it. Its purpose is to create greater freedom, resilience and stability over time, not to provide continuous stimulation. Most people are better served when their investments fade into the background and their lives take centre stage. Boring investing is not passive or inattentive; it is deliberately disciplined, allowing a carefully constructed strategy to keep working while you focus on the life that your wealth is intended to support. ■

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The Long Way Home



Mass choir rehearsal

PINELANDS PRIMARY, CELEBRATES THEIR CENTENARY WITH A VARIETY OF MUSICAL EVENTS

By Mikyle Adams, Head of Music

A CENTURY OF THE PINELANDS PRIMARY AND ST STEPHEN'S

A shared history spanning a century was celebrated this year as St Stephen's Anglican Church and The Pinelands Primary School marked 100 years on the historic Central Square. In honour of this remarkable milestone, the Pinelands Primary Music Department presented a special programme within the sacred space of St Stephen's, giving learners the opportunity to explore and perform sacred music alongside their contemporary repertoire. The occasion celebrated not only two long-standing institutions but also their enduring connection to the Pinelands community.



PINELANDS SCHOOLS MUSIC FESTIVAL

The Pinelands Primary School Music Department brought the Pinelands school community together through music by spearheading the establishment and coordination of the inaugural Pinelands Schools Music Festival. Hosted at the magnificent Hugo Lambrecht Auditorium, the festival united all the schools in Pinelands in a celebration of a century of education, showcasing their unique identities, musical talents and rich traditions. A spectacular mass choir brought the festival to a fitting conclusion, with learners from all participating schools joining voices in a medley of popular songs representing each decade from 1926 to 2026. It was a powerful celebration of community, collaboration and the unifying language of music.

SCHOOL MUSICAL: THE LONG WAY HOME

A journey across continents and cultures took centre stage in the school's 2026 musical production, *The Long Way Home*. Written by Hema Maskowitz and Tersia Harley, a part-time music teacher at The Pinelands Primary School, this vibrant jukebox musical explored the diverse musical traditions of the world, before ultimately finding its way home to Cape Town. Presented over six performances from 15 to 19 September 2026, the production offered a fitting celebration of Heritage Month, highlighting the richness of cultural diversity through music, storytelling and performance.

OPENING PERFORMANCE AT NURSING CHILDREN CONFERENCE

The Junior Choir had the privilege of providing the opening entertainment at the University of Cape Town's Children's Nursing Conference on Tuesday 24 November 2026, at Belmont Square in Rondebosch. Their carefully selected repertoire set an uplifting tone for the occasion, showcasing the learners' musical abilities before an audience of conference delegates and healthcare professionals.

MUSIC SHOWCASES: A CELEBRATION ACROSS THE SEASONS

A fresh approach to the annual music showcases saw the Music Department introduce a series of four performances spread across the academic year. Framed around the changing seasons – Winter, Spring and Summer – the showcases provided learners with regular opportunities to share their musical development and achievements with the school community.

The series culminated in an Ensemble Music Showcase, bringing together the school's various ensembles for a special outdoor performance in the School Quadrangle. This was the first time the quadrangle had been used as the setting for the department's ensemble showcase.

Its significance extended beyond the performance itself: as one of the school's most enduring spaces, the quadrangle provided a fitting backdrop for a celebration of music, community and a century of shared memories.

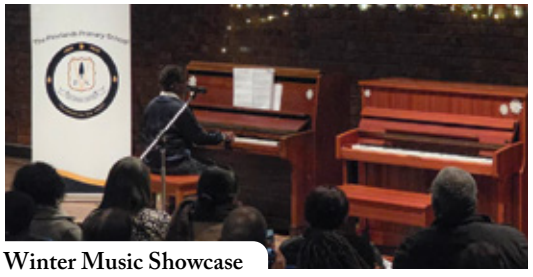


The Ensemble Showcase





Spring Music Showcase



Winter Music Showcase

FESTIVE MARIMBA PERFORMANCE

To kickstart the festive spirit, the school's marimba ensembles will perform at Howard Centre for the second consecutive year. The Festive Marimba Performance will take place on Saturday 5 December 2026, from 12:00 to 13:00, bringing vibrant rhythms and infectious energy to the centre as the learners share their musical talents with the wider Pinelands community. ■

CAPE TOWN LIONS CLUB
COMMUNITY OUTREACH

COMMUNITY FOOD DRIVE AT PICK N PAY PINELANDS

On Friday 6 November and Saturday 7 November, the Cape Town Lions Club teamed up with Pick n Pay Pinelands at Howard Centre for a two-day Food Drive.



We are thrilled to report that the drive was a massive success. We would like to extend a heartfelt thank you to the management and staff of Pick n Pay Pinelands for their ongoing collaboration and hospitality, as well as to the local Pinelands shoppers whose extraordinary generosity filled trolleys with essential non-perishable goods. At a time when the rising cost of living continues to put immense strain on households, these donations provide immediate, practical relief. Every single tin, packet, and bag collected goes directly toward nourishing vulnerable individuals, struggling families, and local welfare organizations, ensuring that neighbours in need do not go hungry.

FREE COMMUNITY HEALTH EXPO AT HOWARD CENTRE

On Friday 13 November The Cape Town Lions Club returned to Howard Centre to host a free Community Health Expo. Thanks to the generous space provided by Howard Centre and the dedication of our healthcare partners CANSA, Execuspecs, Cape Mental Health, the Desmond Tutu Health Foundation (DTHF), and the Western Province Blood Service (WPBS), we brought vital, accessible healthcare directly to the public.

Community members had free diabetes testing, eye screenings and breast examinations, alongside blood donation drives and essential educational resources covering mental health, HIV, and TB.

By bringing healthcare specialists into a familiar, central space like Howard Centre, we removed the financial barriers, transport hurdles, and long clinic wait times that often



stop people from seeking routine check-ups. For many residents, these free screenings offered life-saving early detection, immediate peace of mind, or direct referrals for follow-up care before minor issues became serious health risks. At the same time, having dedicated counsellors on hand helped break down the stigma around mental well-being, HIV, and TB, while the blood drive gave locals a convenient way to help save lives.

It is because of the incredible spirit of the Pinelands community, our local businesses, and our healthcare partners that the Cape Town Lions Club is able to continue serving and making a lasting difference in people's lives. ■





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the muse
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KEY DATES FOR NEXT MUSE EDITIONS

EDITION	BOOKING	ARTWORK	PUBLISH
Feb • 180	18 Jan	22 Jan	02 Feb
Mar • 181	15 Feb	19 Feb	02 Mar
Apr • 182	15 Mar	19 Mar	31 Mar
May • 183	12 Apr	16 Apr	28 Apr
Jun • 184	10 May	14 May	25 May
Jul • 185	14 Jun	18 Jun	29 Jun
Aug • 186	12 Jul	16 Jul	27 Jul
Sep • 187	16 Aug	20 Aug	31 Aug
Oct • 188	13 Sep	17 Sep	28 Sep
Nov • 189	11 Oct	15 Oct	26 Oct
Dec • 190	15 Nov	19 Nov	30 Nov



By **Heleen Meyer**

Pinelands resident, foodie and author of *Food from the Heart*, and *Make five/Maak vyf.*

Green tea, granadilla & ginger mocktail

Makes 4 glasses

2 bags of plain green tea
4 thin slices fresh ginger, cut into strips
400 ml boiling water
crushed ice or small ice cubes
60 ml (¼ cup) granadilla pulp
Garnish: 2 fresh granadillas or extra pulp
2 x 200 ml tins ginger ale, chilled

1. Place the tea bags and ginger in a heat-resistant jug and pour boiling water over.
2. Allow the tea to steep for a few minutes to infuse. Remove the tea bags and allow tea to cool down completely. Refrigerate the tea if you are not using it immediately.
3. When ready to serve, pour spoonfuls of ice into glasses and top with granadilla pulp.
4. Divide the tea mixture between the glasses and top up with ginger ale.
5. Garnish each glass with a granadilla half or extra pulp. Serve immediately.

Icy tip: Freeze strips of lemon rind with herbs like rosemary, mint or thyme in ice cube trays with water to add to your drinks or even just to spruce up a jug of water. Other ingredients that will add lots of flavour and colour are blueberries, pomegranate arils and even edible flowers.





Portrait and food shot: Adel Ferreira
Food image: courtesy of LiG Magazine and POMASA

Cheers to summer!

Mocktails are so on trend and perfect for a hot summer's day! More and more people are making refreshing non-alcoholic options, their drink of choice. Not because they don't drink alcohol anymore, but often because they want to make a healthier choice and keep a good balance between these two types of drinks.

Non-alcoholic doesn't mean it has to be boring. In this recipe, the refreshing combination of sweet, yet earthy green tea, granadilla and ginger may sound a bit unusual, but it's sure to surprise you. Even non-green tea drinkers will enjoy this fabulous thirst quencher. Be creative with fruit, berries and even seasonal herbs to add flavour and that 'special touch' to your next glass. Chill all the elements in advance and prepare the drinks in pretty glasses – a great way to treat your guests to something festive and elegant.

You can also prepare this mocktail in a jug and let everyone fill their own glass. The ingredients can easily be doubled for a bigger crowd. Keep a long spoon on hand to prevent the ice and other elements from spilling or all the '*lekker*' bits ending up in the first glass. And if you really want to, you can still add a shot of vodka or gin to each glass. Make this stylish drink to leisurely sip on, while watching a beautiful summer sunset this holiday.

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Heleen has a passion to inspire, encourage and teach everyone about her philosophy 'eat good to feel good'. She uses everyday ingredients and her recipes, tips and creative ideas, will make you feel like a chef in your own kitchen. She has many **practical, health-related blogs** on **meal planning** on her website, on the **Tips & Tools page.** SCAN the QR code to find these blogs and to SUBSCRIBE to her WEBSITE. Follow her on Instagram & Facebook *@heleenmeyerfood* for delicious ideas and more.

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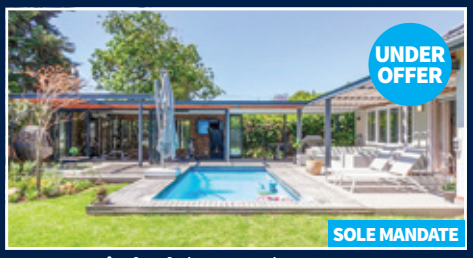
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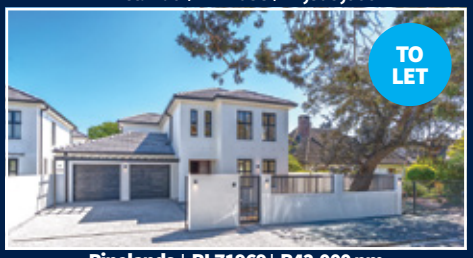
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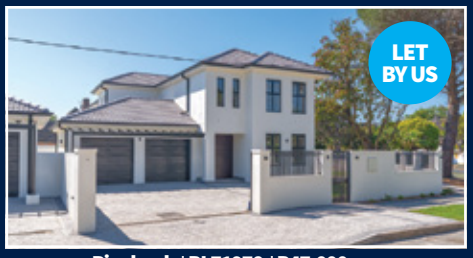
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