

Penhill Post

A quarterly catch-up for the people of Penhill

A very warm welcome to our quarterly Penhill newsletter which we intend to present four times a year in line with the seasons. The aim of the newsletter is to spread POSITIVITY and UNITY in Penhill by sharing information. We would love to hear from you, the residents of Penhill, what you would like to see in the newsletter.

Editors

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A big THANK YOU to those who read Pippa's road safety tips in our first issue for encountering horses and riders. Many residents did read this and have been wonderfully considerate and a definite change has been noticed.

PHORA & NHW UPDATE

In the previous issue we featured Julia, a member of the NHW committee. In this issue we have a letter from the PHORA chairperson.

Dear Penhill

My name is Paul. For those of you who don't know, I serve on the PHORA committee as Chairman. In 2007 my wife and daughter and I moved to this beautiful area called Penhill.

As most of you, we were taken aback by this little gem in the middle of nowhere... the giant Blue-Gums, wide open spaces (later changed to a conservation area), starry nights, gravel roads, spacious properties, the odd horse, and pig and peacock – all add to the Penhill rural charm which we call home. We all have a similar story.

This being said, the biggest gem of Penhill is our community! Over the past 17 years many friends have been made, moments shared, recipes swapped and helping hands leant. I know of many people in other suburbs who have lived next to their neighbours for years and have never even spoken. As we all know, this is definitely not the case in Penhill. We are very privileged to live in such a tight-knit community.

The sad thing is it sometimes feels like we take this closeness for granted. Being such a tight-knit community, like family, it is easy to get irritated, agitated, short off and even rude. I think we have all experienced this. The more involved you get in the community, the bigger the chance of standing on someone's toes (and as you know, we are not shy to let everyone know who's standing on them).

I have, however, seen a lovely change in the community over the last few months. We need this change to move together in the same direction if we would like to keep Penhill the way we know it, the Penhill we all know and love. There are many matters needing attention in Penhill. We cannot afford to be divided. By all of us changing for the positive, giving the other the benefit of the doubt, working in each other's interest, seeing what we can do for our community we call home, we will quickly see the results around us.

I would like to end off by thanking those who are involved, working hard, making the difference in the community. Thank You!

To those who would like to make a positive difference and not sure how, please get hold of us at PHORA so that we can assist to get you actively involved in the community. It is an honour and privilege to be part of this great community and even a bigger privilege to serve this community. I look forward to seeing the positive contribution from everyone in the community; this is our neighbourhood, our Penhill.

Kind Regards
PHORA Chairman
Paul Clark

MARCH AGAINST GENDER-BASED VIOLENCE

On 2nd December last year a march against Gender-based violence was organised by members of the Penhill NHW. It would be fantastic to see more residents supporting these initiatives in the future.





Photographs by Michelle Engelbrecht

LUCKY LUCY

I am sure you all remember the dog that spent the day hanging around the entrance to Penhill on 8th December last year? A number of people kept an eye on the dog during the day, taking food and water to her. Heidi and Pierre kindly took her in for the night and on 11th December she was taken to a vet to check for a microchip. It turns out that she did indeed have a microchip and her name is Lucy and the owner didn't want her. So Lucy ended up back in Penhill where people with the kindest hearts live, and moved in with Heidi and Pierre. Here she is on Pauline's couch – and with Pierre.



Photo by Pauline



Photo by Heidi

FROM OUR GARDEN GURU

Whaleed Isaacs



Gardening tips for Autumn.

In March we prepare our autumn gardens for the cooler weather approaching. Take into consideration that there will still be some warm, hot days in March as our weather is very unpredictable at present. Fertilise your garden before the first Winter rains. Remember to go organic and mulch flowerbeds to retain the heat in the soil as the weather cools down.

Taking all the above into consideration, let's start gardening. Since COVID, people have been made more aware of the importance of growing their own food and also the high food prices. If we take a look at potatoes: so expensive to buy, yet so easy to grow. Start sowing veggies for winter rewards, such as potatoes, beetroot, broccoli, cabbage, carrots, cauliflower, celery, leaks, spinach, Swiss chard, lettuce and eggplants. Plant herbs such as basil, chives, rocket and parsley (also expensive to buy and so easy to grow for an endless supply of your own).

Create water wise gardens.

Water is still a scarce and expensive commodity when using municipal water for the garden. However, you can still create a beautiful garden with water wise. Plant indigenous drought-tolerant plectranthus in sunny or shady areas. Plant seedlings like: Asters, Calendula and Dianthus. Try to collect your grey water from the shower and washing machine for the plants

Remember!!!

We have the polyphagous shot hole borer beetle destroying our trees, so have a chat with our resident tree team (Ashton and Lynda) to do a check on your trees.

DOWN THE MOLE HOLE

By Lynda Myrdal



Welcome to the 2nd edition of 'Down the Mole Hole' with our resident nature enthusiast, Lynda.

Let me take you down the mole hole with me again. Last time I told you about our Cobra, and snake habits in general, and introduced you to our fascinating snake

world, and hope I got you to understand these very misunderstood creatures a little more, and how very, very, very important these reptiles are to us, and our eco system. If you have forgotten you can always refer back to the first issue of The Penhill post. This time I will talk about our hefty, fat, very bad-tempered, beautiful, but also very dangerous **Puff Adder** (*Bitis arietans*).



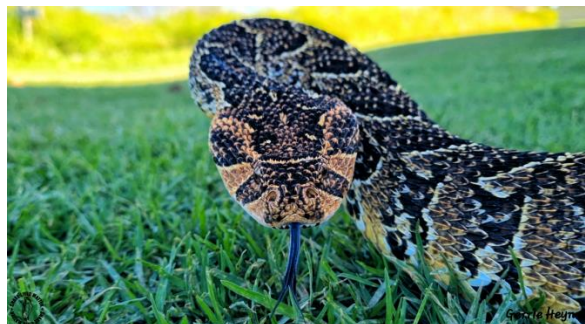
The Puff Adder is common throughout South Africa, but will not be seen in our desert areas. We don't see them as often as we would see our Cape Cobra and the mole snake, but they are very much around here. They prefer to stay around the same place, being lazy, unlike the other two who are more on the move. The Puff Adder is a nocturnal snake, but can sometimes be seen basking in the sun on warm sunny days in our bushy areas, like the farms and conservation area (although we have not come across one there yet), but on the farms, yes...many over the years. They find their way onto our roads and highways too, and that is why we see them basking on the roads as well and unfortunately they get run over, often, very sadly, on purpose too. Again, negative human behaviour due to fear and misinformation.

Puff Adders are masters of disguise, and because of their earthy colours, are very well camouflaged, and blend almost perfectly into the undergrowth and leaf litter on the ground. So when you are out walking or hiking, it's very easy to miss seeing them.



The snake also prefers to simply freeze rather than move off, resulting in people getting bitten. They are opportunistic hunters, lying in wait for hours for their prey, as opposed to searching for their prey, as is the case of the Cape cobras and mole snakes. They lie in wait and will strike at anything that moves, and that could include your leg. Most Puff Adder bites are to the lower leg....in the wild that is. This is why when we are in the conservation area we have our eyes to the ground at all times. Should you come across one, and it sees you, or feels threatened in any way, it forms a kind of S with the top half of its body and hisses and puffs really loudly. An unbelievable sound. A warning to you before it strikes. Although they are slow and sluggish they strike very quickly. But that is not meant for you but their prey. It takes a large amount of energy to strike, and their venom is precious to them. The last thing any snake wants to do is waste it on us. Adults range in size from about 90–140 cm. It is one of the snake species that you can easily tell the physical difference between males and females. Female Puff Adders have short stubby tails, whereas males have a much longer thinner tail.

Puff Adders are very pretty snakes with so many different variable colour combinations, all designed to blend in perfectly, with their surroundings. Their colours range from light yellow, yellow brown, orange brown, light brown or grey. All mixed together but all look different to each other. Some colours more prominent than the others. They have chevron type darker markings down their backs and dark bands on their tails. This snake has a fairly thin neck, but a big unmistakable triangular head. In fact, this snake itself is simply unmistakable. Round snout with big nostrils and eyes small but with vertical pupils. You simply know what they are if you see one.



Their enemies are very sadly, always first and foremost man. Then come, warthogs, birds of prey and other snakes. The Puff Adders prey includes, rats and mice, ground birds, lizards and toads and occasionally other small snakes, but those are not their first choice. Prey is always swallowed head first.

Puff Adders are viviparous, which means they give birth to live babies. The female incubates the babies inside her body. This number can vary from 20 – 40 babies at any one time. She gives birth between December and April, as a rule. The larger the female the more young she will produce. They are born in a membranous sac which they break out of at birth. They are fully developed babies. Their mother then leaves

them, and they are on their own to start their own life journey. They do not stay together. Totally independent now, and must shed their skin once before they can eat. It is very dangerous to be a baby snake. That's why mothers have so many, as the journey to adulthood is a very difficult one, and very few of them make it. These babies as with all venomous snake babies, are capable of delivering venom from a bite right from birth and too are as dangerous as the adults. We have a lot of people panic if they see a baby snake and think mother, father, and the whole family are around. No, they are not.

Puff Adders have cytotoxic venom which has a toxic effect on cell function. This venom is primarily for their prey, not us. They have large hinged fangs that are capable of a painful bite and deep venom penetration. Other than the immediate shock, other symptoms include swelling, pain, blisters, tissue damage and necrosis. If bitten seek medical help as quickly as possible, as with any other venomous snake bite. Remember that snakes prefer to be totally away from us. So let's respect that and understand them and know how important they are to us.

Next time we will talk about the awesome big mole snake.

If you encounter any snake in your garden please do not try and capture it. This is extremely dangerous for you, and the snake. Keep calm, get dogs and kids inside, and keep an eye on the snake from a distance. They move fast and can disappear in moment, never to be seen again, A snake rescuer can't be expected to search a 2000m² property for the snake. Taking a photograph can be a great help too, so they can see what they are dealing with, and can advise you what to do whilst you are waiting for them to help Please call one of our ASI approved handlers to help. Andries and Rudolf have been very busy in Penhill this summer. Both are qualified in all snake handling and have their permits and licenses in place. It is illegal to capture and transport snakes, unless you have the relevant qualification and documentation.

Hope you enjoyed this article on our Puffy's, as we fondly call them, and next time we will tell you all about those gorgeous big mole snakes

Thanks for reading Down the Mole hole with Lynda.

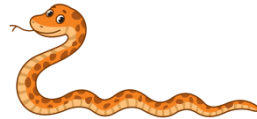
Snake handlers details in case you haven't made a note before.

Rudolf Visagie 0826133464
Andries Cilliers 0845691510
Murat Parker 0764953636

These are our three nearest snake handlers. Should none of them be available at the

time of your call, and it's urgent, as it usually is, a notice will be posted onto their network of qualified handlers and someone will contact you asap.

Photographs of the Puff Adders are used with the kind permission of Gerrie Heyns.

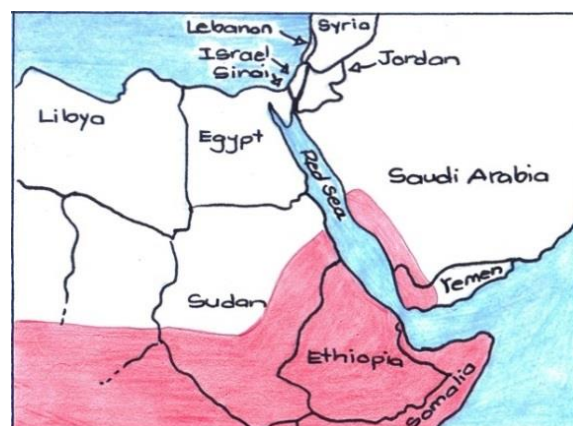


Did you know...?

By Wendy Golding

...that the Puff Adder was known to the ancient Egyptians? Its name in hieroglyphics is  (fy nft), pronounced 'fy nefet' and the translation means 'blowing viper'.

Although *Bitis arietans* does not appear in modern-day Egypt – and most likely not in ancient Egyptian times either, its distribution, according to Spawls & Branch (1995:115–116), is widespread throughout sub-Saharan Africa, from southern Sudan southwards (see map below). It also has a small distribution in northern Morocco and the Arabian Peninsula. The ancient Egyptians encountered this snake on expeditions for trade, mining, construction or military purposes outside of the borders of modern-day Egypt.



Map: Distribution of *Bitis arietans*

It is well-known that the ancient Egyptians travelled southwards for trade: gold came from Sudan; wood such as ebony was obtained in sub-Saharan Africa, and incense from Punt; panther skins and special oils were brought back from this region as well. Special priests who treated snake bite accompanied these expeditions on which there were plenty of opportunities to meet up with the Puffy!

AUNT ESSIE'S KITCHEN
Recipes and tips from Esther Thomas



CRUNCHIES

Ingredients:

170g butter or margarine
12.5 ml (2½ t) golden syrup
5 ml (1t) bicarbonate of soda

2 cups oats
1 cup coconut
1 cup sugar
1 cup flour

Method:

Heat the margarine or butter with the golden syrup and the 5ml Bicarbonate of soda. Mix together and then add the remaining ingredients.

Spray / grease an oblong pan or 2 round cake pans. Add mixture and pat flat, not too hard though. When the oven reaches 180° place crunchies in oven and bakes for only 5 minutes, then turn off the oven. Leave in oven about 15 minutes then take out while still soft and cut into squares. Return to oven to dry out a bit more. This is one of the easiest recipes to make. When cold one can drizzle melted chocolate over the squares.

CRUMBED CHICKEN BREASTS



Buy filleted chicken breasts. Place on a board and beat with a mallet to flatten. Keep them round by cutting off the edges. The offcuts can be used in chicken soup or a chicken pie. I made 12 and used 3 beaten large eggs. Next I used a packet of white onion soup that I put through a sieve to get rid of any lumps. The flavour is one's choice (you can choose a different flavour packet soup). To this I added 25ml flour, put in plastic bag and shake well. One can make one's own breadcrumbs or buy them.

METHOD

Take each breast one at a time and shake it in the plastic bag of mixture. One at a time, dip the floured breast into beaten egg, making sure it's coated all over, shake off excess then put into crumbs to cover all over. Place on wax wrap. Do the rest this way. If frying the same day, leave it about 15mins or longer in the fridge, this prevents the crumbs coming off when frying. One can also freeze them at this stage.

HOUSEHOLD HINTS

Storing cheese

When buying cheese, grate it straight away and keep in the freezer, it lasts much longer than cutting off pieces. You can package it in 100g portions that are suitable for sauces, sandwiches or scones.

Getting rid of ants.

Moisten slightly 5ml Borax mixed with 10 ml sugar. Place neat trail of ants. It's taken back to the nest and destroys the eggs.

PRICE FLASHBACKS - 1973


KALAHARI SLAGHUIS
 MARKSTRAAT 31
 UPINGTON
 Telefoon 2661 of 2682
 se

SPESIALE AANBOD
 Vanaf 26 Julie 1973 tot 4 Augustus 1973

MERK WAT U VERLANG:

Halwe Skape	39c per pond	☐
Heel Skape	38c per pond	☐
Halwe jong beeste	34c per pond	☐
5 pond Skaapkookvleis	vir R1.97	☐
5 pond Gemaalde vleis	vir R1.96	☐
5 pond Boerewors	vir R2.28	☐
5 pond Beesvoorkwart	vir R1.58	☐
5 pond „Tenderloin Steak“	vir R2.33	☐
10 pond vleis vir Biltong (klaar in stukke 2-197)	vir R4.66	☐
3 dosyn Groot Eiers	vir R1.20	☐
Vars en gesoute Beestonge	vir R0.38 per pond	☐
(VOORRAAD IS BEPERK)		

Alle vleis en vleisprodukte is weereens van Uitstaande Gehalte
 Plaas asseblief u bestelling vroegtydig om ons te help om u vinniger te bedien
 Hierdie aanbod geld ook vir al ons gereelde rekening kliente

CONSERVATION CORNER

By Ashton Mouton



Penhill Conservation Area Activity

From November 2023 through to April 2024 residents and Recreation & Park officials have been tirelessly collecting seeds and continue to collect a variety of Fynbos seeds for their Fynbos restoration projects within the Conservation Area. This team has managed to collect over 25 species of unique Cape Flats Sand Fynbos species and are still planning to collect more before the end of the seeding cycle.



Photo 1: Sunny days are the best days to collect seeds



Photo 2: Come Rain or sunshine or wildfires, the seed collecting carries on.

Now, I know you are thinking that the December wildfire that burned half of the conservation area has done significant damage to our restoration projects. However, I do believe that miracles can happen in the darkest of days and that is exactly what has happened in some of our plots. For some reason, the wild fire managed to burn around some of our plots leaving the very young Fynbos plants intact and they are doing better than expected. In some instances, the plants managed to produce seeds prior to the fire and those seeds have now dropped and are awaiting the rainy season to start growing.



Photo 3: Looks burnt and dead but see all those brown dots? That's the seeds ready to drop and start growing.

Photo 4: The fire burnt perfectly around this plot and I cannot explain it but if you look closer... (Next photo)





Photo 5: ...when you look closer, you will believe in miracles too. A young sunshine Protea (Leucadendron salignum) and many other Fynbos plants in the background.

Photographs © Ashton Mouton and Lynda Myrdal (2024)

MORE GOOD NEWS after the fire



Photograph by Ashton Mouton

A live *Drimia* (true poison squill) was spotted in the conservation area and identified by Lincoln Rait. Ashton thinks that it may be a *Drimia media* (itchy squill), a bulb plant that is native to South Africa, but he is not 100% certain. Nevertheless, this is a very exciting find in our conservation area. *Drimia media* grows in sandy soils from Saldanha to Knysna and, according to Burman & Bean (1985:32) it flowers most abundantly after veld fires from January to March. Our conservation area really is the gift that keeps on giving.

FIRES IN PENHILL



Penhill has had its fair share of flames recently with two fires: one in December last year and another one more recently on the 21st of February. We are used to grass fires popping up on the outskirts of Penhill and covering us with acrid smoke from time to time, but these two were a bit too close to home. In Ashton's article above you will have seen reference to the conservation area fire in December. Quite a bit of vegetation was destroyed, including some of the seedling plots but not all was lost, fortunately, and the vegetation is making a comeback.



Conservation area fire. Photo by Louise Lloyd.

On the 21st of February a fire started outside of Penhill and moved its way rapidly into our area, assisted by a strong wind. It threatened to burn down a house but fortunately the fire services and residents put up a fight and got the flames under control.





*Photographs of the recent fire and its aftermath
by Louise Lloyd.*

BUG INVASION By Ashton Mouton

Polyphagous Shot Hole Borer Beetle found in Penhill

Residents are urged to check their tree on their property for symptoms and signs of Polyphagous shot hole borer beetle, this may include the below:

- Gumming from tree (usually from the bottom of the tree)
- Wet spots
- Dark spots
- White sugary discharge
- Shot gun like holes
- tiny drilling or frothy noodles



The alarm was raised in January 2024 that the beetle is now found in a number of trees in Penhill. Although many of the trees have shown visible symptoms of the

beetle, we believe that we are in the early stages of the infestation however; residents are urged to use this time to go through the various information sources available online to understand the life cycle of the beetle before opting for any of tree removal methods or untested treatments.

Penhill residents Lynda and Ashton have made themselves available to all residents in Penhill who suspect their trees of having the beetle on their properties and you are more than welcome to contact them for more information.

At this stage, there are no recognised legal treatments that can eradicate the beetle or the associated fungus but residents are urged not to make emotional decisions in order to save their trees. There are many third parties that claims they have a “miracle cure” that can help save your tree, please use discretion when seeking their advice and always ask for a **money back guarantee contract** to be signed to protect you as a consumer.

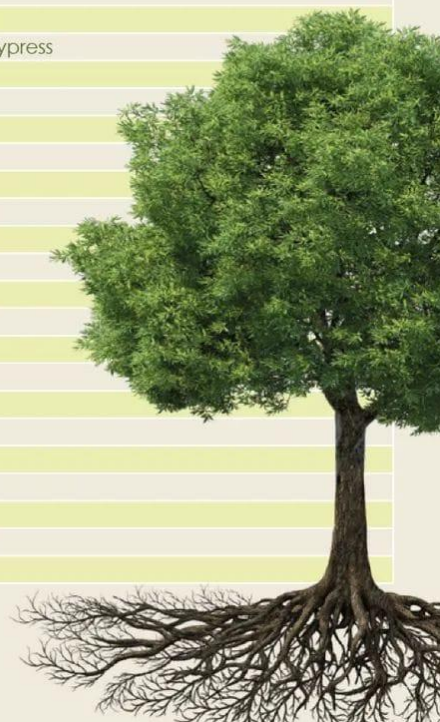
LIST OF RECOMMENDED TREES

that residents can plant to replace PSHB infested trees on their private properties

Scientific name	Common name
Brachylaena discolor	Coastal silver oak
Burchellia bubalina	Wild pomegranate
Carissa macrocarpa	Num-num
Cassine crocea	Bastard saffron
Cassine peragua	Cape saffron
Cedrus atlantica	Atlas cedar
Chionanthus foveolatus	Pock ironwood
Cunonia capensis	Red alder
Cupressus sempervirens	Mediterranean cypress
Curtisia dentata	Assegai
Dais cotinifolia	Pom-pom
Dodonaea angustifolia	Sand olive
Euclea species	Guarri
Gardenia thunbergia	Wild gardenia
Gingko biloba	Maidenhair tree
Kigelia africana	Sausage tree
Lophostemon confertus (Tristania conferta)	Bush box
Ocotea bullata	Stinkwood
Portulacaria afra	Elephant bush
Pterocelastrus tricuspidatus	Candlewood
Salix mucronata	Willow
Searsia pendulina	White karee
Serricea Searsia (Rhus) species	Serricea searsia
Sideroxylon inerme	Milkwood
Syncarpia glomulifera	Turpentine tree
Syzygium guineense	Water pear
Tarchonanthus camphoratus	Camphor bush
Vachellia xanthophloea	Fever tree



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



HISTORY HUB

By Wendy Golding and Esther Thomas



Graves on the edge of Penhill

Many of you may remember the Fletcher family who lived in Gourley Road for many, many years. We heard from a few sources that there are some old graves located on the edge of Penhill in what is now our conservation area. Mienie Fletcher told us that she remembers the graves were near the blue gum trees that run along Headfort Avenue. She thinks that they may be in the corner along the farm / conservation area boundary. See map below for one possible location area is marked in yellow.



Map: one possible location of the graves

According to the Carinus family, the graves may be located a bit lower down than indicated on the map – more in line with Gourley Rd. A family member from the farm says that he thinks the graves may have been a bit closer to the R102 / Hawke Rd, but still definitely in the conservation area and he remembers them from his childhood and recalls that this is where community elders and children were buried. No doubt they have been covered up over the years by sand and vegetation. Unfortunately we have not managed to find much more information than this on these graves.

Request for information

Please do share with Wendy or Esther any interesting early memories of Penhill. Photographs will also be welcome.

TRENDING TEEN MOVIES

A Look at What's Hot Right Now

by Megan Clark



Teen movies have always been a popular genre, offering a blend of humour, drama, and relatable coming-of-age themes that resonate with audiences of all ages. In recent years, several films have captured the hearts of viewers around the world, becoming instant classics and setting new trends in the world of cinema.

One such movie that has been making waves is "To All the Boys I've Loved Before." Based on the novel by Jenny Han, this charming romantic comedy follows the story of Lara Jean Covey, a high school junior whose secret love letters are accidentally sent to her crushes, leading to a series of romantic entanglements and self-discovery. The film's heartfelt portrayal of teenage romance and its diverse cast have earned it a dedicated fan base and critical acclaim.

Another film that has been gaining attention is "Eighth Grade," written and directed by Bo Burnham. This coming-of-age drama follows the life of an introverted 13-year-old girl named Kayla as she navigates the final week of her eighth-grade year. The film has been praised for its realistic depiction of adolescence and its powerful message about the challenges of growing up in the digital age.

In the realm of fantasy, "Spider-Man: Into the Spider-Verse" has been a standout success. This animated superhero film follows the story of Miles Morales, a teenager who becomes the new Spider-Man and must team up with other Spider-People from different dimensions to save New York City. The film's ground-breaking animation style and heartfelt story have made it a favourite among audiences and critics alike.

These are just a few examples of the many teen movies that are currently trending. With their compelling stories, relatable characters, and universal themes, these films continue to captivate audiences and inspire a new generation of movie goers.

CREATIVE CORNER

By Wendy Golding



There are many talented and creative individuals in Penhill. For this issue we feature planters made by Whaleed Isaacs and Ken Hull. These gorgeous planters are great ideas for brightening up empty corners in your garden or providing a fun focus point. They make lovely gifts as well.



These are the herb / vegetable planters made by Whaleed. Some of you may be familiar with the planting benches that he has done. These were made for Pippa and are now full of herbs and veggies.

Contact Whaleed on 076 315 3397





These gorgeous canine planters by Ken Hull will definaitely make a fun statement in your garden. He does cats too!

Contact Ken on 082 570 7802



ROGUES' GALLERY With Dan the Destroyer



Dan, fur-child of Ruth Truebody, challenges all Penhill Pets to better his mischief if they can. Dan manages to achieve a look of complete innocence whilst creating havoc and is the perfect poster child for our Rogues' Gallery.



Being a proud supporter of South African sports, Dan is seen here gathering his strength after destroying a much-loved Aussie symbol – the kangaroo – once a beautiful toy owned by Ruth’s granddaughter. He probably expects Ruth to think it just exploded in his presence. According to Ruth, Dan received 50 ‘likes’ on Facebook for his destructive activities. Dan does shoes too, and you won’t catch him to get them back.

Photos of Dan: Ruth Truebody



Next we have Oswald (Ozzie, for short) showing off his best table manners. He could have chosen the couch, like most self-respecting dogs, but, no. He chose the coffee table which is not nearly as comfortable as a couch. Apparently Ozzie climbs trees too so we look forward to evidence in the form of photographs for our next issue. He may identify as a squirrel.

Photos of Oswald: Linda Otto

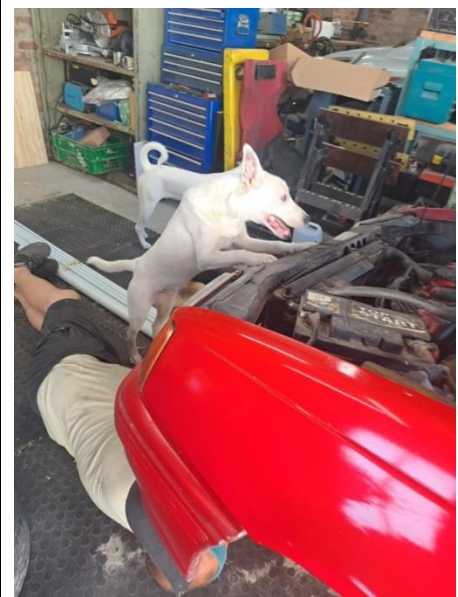




They are also skilled in gardening, this bunch. Oreos is probably burying the stuff needed to fix the car.



And then we have the Millwards' Mechanics. Oh dear. Be careful who you ask for assistance when your vehicle breaks down. Below we can see Smudge checking out the inner workings of the engine. In the photo on the left, you will notice the car tyre is absent altogether and has most likely been chewed or sold to buy Beenos.



And after all this activity and labour, Smudge helped himself to a swim, a roll in the sand (although he would like you to think it is engine oil from working on the vehicles) and a snooze on the couch (left). Usually he is snow white (see above).

CELEBRATIONS



A belated HAPPY BIRTHDAY to Susarah Johanna Evans, affectionately known as Ouma to her granddaughter Deone Rossouw. Ouma has the distinction of being a leap year baby so she celebrates on the 28th of February. She is well into her nineties and possibly has the added distinction of being Penhill's oldest resident. She loves sitting in the garden and knows all the birds, according to her granddaughter.



CONGRATULATIONS to Penhill's Prof Anthea Rhoda. Anthea is the newly appointed Deputy Vice-Chancellor: Academic at the University of the Free State.

Photograph supplied by Llewelyn Rhoda.

RESTAURANT REVIEW

By the Lunching Ladies (Pippa, Pauline, Cleo, Astrid and Hester)



This is for all who are fortunate enough to live in Penhill Estate. Now that summer is on our doorstep a few of us decided to go and have lunch, at least once a month at a new and exciting eatery that none of us has been to.

This issue's review is by Cleo.

February's Lunch get together was at Val de Vine on the R44 between Somerset West and Stellenbosch. Well sign-posted. I believe "nestled" is a term frequently used for just being able to get out of the hustle and bustle of everyday stuff...that was certainly our experience. Tables are set out in a neat garden with plenty of umbrellas for shade.

Pretend for a moment that you're paging through a high gloss magazine and imagine these ingredients: artichoke, mushroom, bell peppers, pecorino, basil, pancetta, chorizo, radicchio, tikka chicken, coconut...these are just some, used in the selection of pizzas, seafood, pasta and salads available on the Lunchtime Menu.



The afternoon that we were there, was one of these...out of nowhere, heatwave days that we've been having...water and ice was free flowing...with G&T's and wine as a back-up. I had the Vegan Risotto...Pauline, the Pasta Arrabiata...

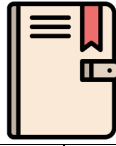
I would choose a cool day to visit the restaurant. The pizza, pasta type menu would be awesome on a 'need comfort food' day. You are welcome to peruse the menu online...Prices vary depending on what you decide to have...R150 is a good ballpark figure per dish. Cashless so hall out those cards.

If you're looking for something different for your home...Hester's niece has her paintings exhibited in the restaurant...beautiful work with a distinct Asian influence. We were fortunate enough to meet Natalie Jordaan, who joined our group for lunch.

For me...always my best...the restaurant has two beautiful Boerbull dogs...soppy kisses are never lost on me.

Till next time: Pauline Hester Pippa Astrid and Cleo

PENHILL DIARY



Nature walks and seed collecting

Keep eyes open on Penhill WhatsApp groups as notices are posted from time to time.

Last but not least.....this photograph of Penhill's tiniest gecko by Riaan



We would love to hear from you. What would you like to see in the newsletter moving forward? We welcome any Penhill news (hatches, matches and dispatches included). Information and photographs for our History Hub will be gratefully received as well.

Enjoy the beautiful changes in nature
that the Autumn season has to offer.

Esther and Wendy