

JULY 2023 EDITION



BEEF MINCE Normal or Spicy variants

CHICKEN Normal or Spicy variants

VEGGIE

CHEESE & CORN Normal or Spicy variants

Solar

Sun

POTATO Normal or Spicy variants

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PRICING:

MUNCH SAMOOSA

HAPPINESS IN A TRIANGLE

VEGGIE: R75 per dozen MEATS: R85 per dozen



Keep your sanity

0798999299

sales@solarsunsa.com

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Scho

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Generate and store your own power. Start saving today

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using clean, eco-friendly energy.

Solar for BUSINESS

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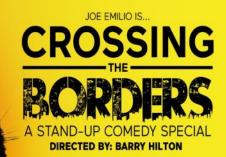
Solar for HOME

Get up to R15 000 reimbursement on your tax

3kW solar generation and storage from R116 000

Visit our website for financing options - solarsunsa.com

1



DATES 11 & 12 AUGUST 2023

> TICKETS R100 AVAILABLE ON COMUPTICKET

TIME DOORS OPEN 18:30PM SHOWTIME: 20:00PM

VENUE PLAYHOUSE THEATRE SOMERSET WEST, CAPE TOWN

> **OPENING ACT** PAUL LEE (USA)

R.O.A.R. | NO UNDER 18s | WWW.JOEEMILIO.COM

NOISES **BY MICHAEL FRAYN** DIRECTED BY BRYONI CURRIN

This comedy follows a travelling theatre group who find so much action going on behind-the-scenes; this 'almost' ruins the performances.

30 AUG 19:30	31 AUG 19:30	1 SEF 19:30		2 S EP 19:3 0	3 SEP 15:00
5 SEP	6 SI		7 S		8 SEP
19:30	19:3	0	19:3	O	19:30
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THE PLAYHOUSE THEATRE 🕸

THEATRE PG16 LTD COMPUTICKET

THEATRICALS LTD. ON BEHALF OF SAMUEL FRENCH WWW. CONCORD THEATRICALS. CO. UK

booking for a **babysitter**

MY NAME IS AMBER MENDES

I am a 17 year old, grade 11 learner at Rhenish Girls' High School in Stellenbosch. I have three years of experience in babysitting and absolutely love spending time with children of all ages. If you are looking to take a night for yourself, have a work function you need to attend or any event that means you child needs to stay home. I am more than happy to step in!

Availability

Monday -Thursday (weeknights from 5:00pm) Saturday & Sunday

PRICE: R60 per hour

CALL ME TO BOOK! 064 398 5101

PV PLAYHOUSE RAM

31 JULY - 5 AUGUST 2023

BOOK ON COMPUTICKET

PLAYHOUS



Playing it Forward

for the little orphaned, abandoned, neglected, abused & sick children & babies in our care

27 October 2023

BOOK NOW

An event of excellence @ De Zalze Cost: R6 500 (incl. lunch, post-game pizza & dinner)

Hole sponsorship: R4 000 incl. branding set up by De Zalze (excl. wet hole – addit. R500)

4 ball Stableford Alliance (2 scores to count)

Handicap: Ladies 30, Men 24

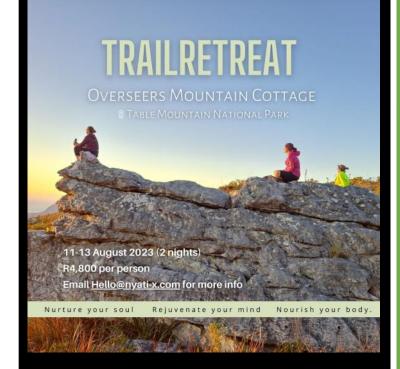


Enquiries & Bookings: Nikki Bower golf@heartlandsbaby.org | 021 852 3527 ALL PROCEEDS GO 100% TOWARDS THE SANCTUARY Your **R6 500** will pay for 15 x tins of formula, 10 pkts nappies, 25 meals, toiletries for 25 children & babies

PLETTENBERG



20% discount on our best available rate. Full English breakfast daily free WiFi. Subject to availability | Terms & Conditions Apply Quote 'Somerset House College' when booking. Valid until 30 September 2023 021 794 5535 | reservations@collectionmcgrath.com THEPLETTENBERGHOTEL.COM



Love hiking, being on the mountain, exploring new trails and staying in gorgeous locations with stunning views?

This is for you!

Join Nyati-x on a two night mountain retreat for hikers, trail-lovers, health foodies and anyone seeking a beautiful space to reconnect with nature, themselves and like-minded folk.

Come alone or bring a friend. Group discounts and payment terms available

Activities include:

Hiking, trail running, yoga, guided cooking experience, stargazing, dawn meditation and breath-work.

R4,800pp, including

- ~ 2 nights accommodation
- ~ All meals
- ~ All activities
- ~ Certified guides and practitioners
- ~ Permits to access Orange Kloof trail.

Luggage will be transported up to the Cottage by porters. Access is on foot – expect to hike up to the Cottage & back down the following day.

DM for info or book via the link to our website:

www.nyati-x.com

BOOK YOUR SOCCER

LET COACH YANGA TEACH YOU SOME SERIOUS SOCCER SKILLS!

DRIBBLING, PASSING, SHOOTING AND MATCH PLAY! EPIC FUN!

> CONTACT COACH YANGA 081 070 0815

Come and join us: for some tips and tricks on Saturday mornings @ the Somerset House Mini Astro Continuing in term 3

CCER

POWERPLTY HOCKEY ACADEMY

JADE MAYNE

JP session: 8.15 - 9.15am SP session: 9.30 -10.30am

R1000 per player per term Book your spot now, via the link:

Grays