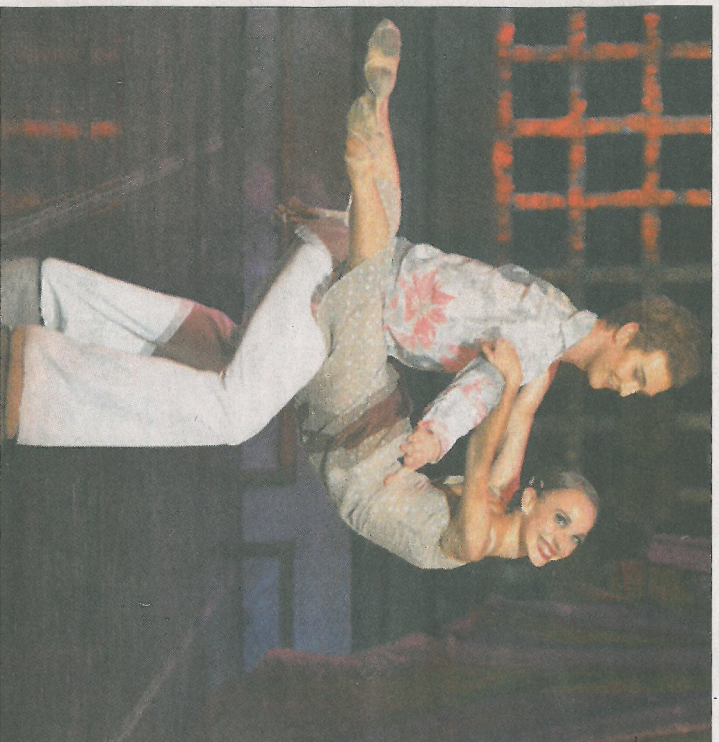




■ The Cape Town City Ballet company will present *Night and Day*, a Cole Porter ballet, at the Artscape Theatre from tomorrow, Friday October 26, to Saturday November 3. American composer Cole Porter created some of the cleverest, funniest and most romantic songs ever written. He dominated the musical scene from the 1930s to 50s and his music is just as popular today as it was then. Cape Town City Ballet pays tribute him in this production, which includes favourite songs such as *Lets Misbehave*, *Too Damn Hot* and *Night and Day*. Choreographers Robin van Wyk, Mervyn Williams, Kirsten Isenberg, Paul Johnson and Nigel Lucas have interpreted Porter's melodies. Ticket prices range from R100 to R250. Book at Computicket or at Artscape's Dial-a-Seat on 021 421 7695. Pictured are Thomas Thorne and Laura Bosenberg.

Restaurant review

Heaven
Central Methodist Church, Greenmarket Square
021 422 2744
Chanel Efort
★★★★★

When I returned from my early morning coffee run earlier this week, our office's "eco-warrior", on seeing my paper cups and cardboard holder, muttered, "oh dear!"

But rather than get irritated, I felt content that the R35 I'd spent on two cappuccinos and two "heavenly cupcakes" that morning, went directly toward helping the vulnerable and homeless folk in the city centre.

For the past few months the Central Methodist Mission church (CMM) on Greenmarket Square has been running a coffee shop called Heaven, which will be officially launched at the beginning of November.

Operating at the Burg Street entrance to the church, the little coffee shop has been kitted out in Afro-chic décor by African Image.

There are a few tables inside the church where you can have a cuppa while enjoying wonderfully soothing music, and also scattered



■ "Wicked" cupcakes from Heaven

cushions on the stairway to create extra seating. Quite a nice touch, I thought, were the docks on the walls.

Apart from docks showing the time for cities like Tokyo, London, New York, there were also docks for Nazareth and Heaven. Heaven's clock was set to local time.

"Heaven is on local time to help us remember that heaven is 'real reality' that we are invited to live into and not something we find after we die", explains Alan Storey the minister at CMM.

And, "specials here are special," he adds,

explaining that "you get a free cupcake for things: if you've forgiven someone on that day, or if you've recycled, or if you've stopped drinking during your pregnancy. In all these ways we celebrate heaven on earth."

"If you sit down and have a coffee with a homeless person – it is buy one get one free."

"If you cycle to heaven any time then your bicycle is your voucher for a free cupcake, because these we recognise as life-giving actions."

In a press release sent to the CapeTowner, Heaven described their chocolate cupcakes as both "wicked" and "heavenly", so when I stopped by and they hadn't been iced yet, I told barista, Ken, that I would wait.

The cupcakes are bite-size and you can buy two for R5.

They really were worth the wait, and I now fully understand why they guard the recipe like a "state secret".

Good coffee and delicious cupcakes for a good cause. I can live with that – and next time I might even take my own cup along so as not to offend my "green" colleague.

● All CapeTowner reviews are unannounced and paid for in full.

Summer sessions

Rolling Stone Magazine and Protea Hotel Fire & Ice in New Church Street will be hosting a series of live music sessions for summer starting on Thursday November 1, starting at 6pm and will take place at the Pool Bar.

Some of South Africa's best known bluesy, rockabilly and bluegrass artists, including Long Time Citizen and The Ratrod Cats, will take turns at the mic on consecutive Thursdays. The sessions will kick off with a

performance by the Banjo Brother, Redeye Raan and Arno van Zyl are a comical side project of Crimson House Blues where entertainment and dirty jokes are a part of the game, while delivering insane duo banjo skills. Hailing from Namibia, Crimson House Blues have already firmly entrenched themselves in Cape Town with their unique sound which they call "desert blues". Entry is free. For more information call the hotel on 021 488 2555.

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