



TIME OUT
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NEWSLETTER SEPTEMBER 2011

REPORT BACK ON BO-KAAP KOMBUIS



WATCH THE CONCENTRATION

"HOLD IT LIKE THIS"

A small group of us went up to the **Bo Kaap Kombuis** at the end of August. We were only 17 ladies BUT we had a one-on-one lesson on how to make our own samoosas. The fillings were laid out—mince/curry vegetable/chicken.....you name it; you can make a samoosa with it! Nazli was enthusiastic in her teaching. Then we could take our samoosas to the bar where Yusuf was waiting with the deep fryer to cook them for us. Somehow enjoyment is greater in eating, when you know "you have put heart-and-soul into it!

What a spread we had - a samoosa platter with chilli bites to start/ a bowl of delicious vegetable soup / then a buffet which included malay briedies, curries and salads. After lunch Yusuf told us all of the history of the BoKaap area and spoke of some of the Malay customs. What sticks in my mind is what he said - 'when his wife cooks at night and the delicious smell wafts over to his neighbour's home, he cannot rest if he knows his neighbours do not have good food to eat and he will make sure that a bowl of his wife's 'good-food' is sent along to satisfy the neighbours!' How many of us can say the same!! We all had a good laugh in the coach coming home. There was much laughter and I said "Hey girls I thought you all only had SUCH fun when you have had a glass of wine to drink" Bo Kaap Kombuis being totally halaal had no alcohol and yet I believe the 17 of us had as much fun as on any other tour. I do hope you all had FUN folding your own samoosas - many of us purchased packs of 100 of the samoosa dough at the local tea room in Bo Kaap.....mine are still in my deep freezer - I will get 'to it'



HIGHLIGHTS OF OUR BO-KAAP KOMBUIS- TOUR

Annette at left seems very confident - after all, she's 'done it a few times'.

Sally was concentrating so intensely that she didn't even look up at the photographer!



THURSDAY
29TH
SEPTEMBER

COACH
LEAVES
TABLEVIEW
@ 09H00
&
CONSTANTIA
@ 09h45



LET'S GO TO KOMMETJIE

Thursday 29th September is D Day for our tour to Kommetjie/Noordhoek Village

In the GET-IT magazine which I regularly pick up, I read of **Belinda who lives in Kommetjie**. My tour today has been based around this lady! She was a sales person for a Cape Town based company and was retrenched; lost her company car; fell prey to breast cancer, and, yet her favorite saying comes from Arthur Golden's book "Memoirs of a Geisha" -

"Adversity is like a strong wind. It tears away from us all but the things that cannot be torn so that we see ourselves as we really are!". Belinda set her focus on out-of-the-box thinking and has started making truffles. She makes 6 different varieties of truffles - (3 in a box for R15.00.) I think, in a small way, we can support Belinda and I have invited her to lunch to sell her truffles. As Belinda says "When life hands you trouble, make truffles". If the weather is good we will take the coach down to the Kommetjie beach and take a stroll along OR you can just sit on a bench and gaze at the sea if walking does not appeal. We will stop in at Imhoff Farm for a brief look-around!

Initially I said lunch would be in Kommetjie - but they were unwilling to negotiate! **WE WILL BE HAVING LUNCH AT CAFÉ ROUX IN THE NOORDHOEK VILLAGE (I will be inviting Mary Honeybun to join us)**

PLEASE NOTE
TURN-AROUND
OF TIMES.....

I am always aware of the high cost of meals, so this month you have two options:

1. If you feel you would like just a **MAIN** course the outing cost will be **R290.00**.
2. If you feel you would like **STARTER & MAIN** course the cost will be **R320.00**

BOOKINGS BY MONDAY 19TH SEPTEMBER and
PAYMENTS BY FRIDAY 23RD SEPTEMBER.



"Do you remember when, Hilda?"

THURSDAY
27TH
OCTOBER

OCTOBER 27 IS 'ROSE DAY' @ LANGKLOOF

October in the Western Cape is known as ROSE MONTH. This is evident in the many garden shows around our area.

I have followed with interest the Langkloof Farm outside Wellington. They have over 1500 roses in bloom ; their ladies go in the fields early in the morning and pick roses and package them in brown paper; so you will have roses to bring home with 'as they say' - a Vintage-Farm-Feel! They also have a vintage tea room where we will enjoy a brunch with a difference! More details in the October newsletter.



GARDEN TOUR & CHRISTMAS LUNCH

I just cannot believe where 2011 has gone.....

On Thursday 24th November we will visit one of the cities most beautiful gardens - Artist Sharland East-Urguhart has a garden that has featured in Garden & Home and an art studio 'to die for'.

Coupled with this we will celebrate the end of the year with a lunch at a nearby restaurant!

Diarise this date—THURSDAY 24TH NOVEMBER.

We will enjoy tea and cake in Sharland's garden in the morning—
Followed by a luncheon with Christmas crackers to celebrate the end of 2011.

More details in the October newsletter.



NEW MEMBER



A very warm welcome to Ria van Loo who has recently joined the Time Out Ladies Club.

Ria has already been on a few Time Out outings.

Ria, we trust you will make many new friends and enjoy the Western Cape with us.



In your goody bags at the Anniversary lunch, I made an appeal on behalf of Goedgedacht for 'dress-up' clothing.....anything from old costume jewellery/old hats/ clothing that the children can dress up in/ scarves/ belts/ you name it and it WILL be put to good use by the new dramatic society that has sprung up in the Riebeeek Valley. GOEDGEDACHT has always been our favourite charity—when you've been there—you'll understand the 'passion' behind the staff.

A new lady has volunteered her services to the children and says they have had AMAZING results in their drama productions!

Dig deep in your cupboards / and those of your family / and let us help Goedgedacht. In the Southern suburbs of Cape Town, Janet Perrott of Goedgedacht will arrange collection. I will collect anywhere in the Tableview/Milnerton/Melkbosstrand areas!

THANK YOU IN ADVANCE!!

RED ALERT - For some time now I have been aware of the danger of walking about when in transit on our coach tours; I know Brian is always bringing this up with me. When we came back from Bo Kaap, Cynthia, got up to pass something to someone, the coach lurched and she fell onto a fellow passenger and cracked 2 ribs.

Please everyone, in future, for your own safety, ~~~~~stay seated!

Cynthia our best wishes for a speedy recoveryô cracked ribs are so difficult to heal and affect your every movementô we are thinking of you!