

REPORT ON  
OUTING

- January  
Outing  
Cancelled

CONTENTS

February is  
Valentines  
Month.



February:  
Time for  
Hopefield 2

March:  
Grotto Bay 3  
&  
Yzerfontein

Some  
Photos 4  
of  
Hopefield

IN  
ASSOCIATION  
WITH



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BANKING DETAILS ON REQUEST

Website: <http://www.traveltime.co.za>

NEWSLETTER

FEBRUARY '14

## CANCELLATION OF OUR JANUARY TRIP

Sadly I cancelled the January trip. This was due to low numbers!  
The 'economics' of hiring a coach with low numbers is a fact that those of you who understand finances should all understand!

I spent 8 days in hospital in early January - I am very happy to say that I am getting stronger each day. After a grueling almost 8 hour operation, I felt very weak. However, I'm happy to say "I'm GOOD, CLEAN & FRESH NOW" - minus my gall bladder, appendix and a large cyst on my colon!

Sincere thanks to all you wonderful ladies - Brian and I have been overwhelmed about your concern. I received beautiful flowers from the Constantia ladies (including a visit by Ingrid & Heather to the hospital) ; Thanks also to Marie for her 2 visits! ; Cynthia & Mel for your home visits ; We have had so many phone calls, emails and sms's from you all.....**THANK YOU ONE AND ALL!!**  
**You are all very precious to me.....**



Thursday  
27th  
February

COACH  
LEAVES  
CONSTANTIA  
AT 08H45 AND  
TABLEVIEW AT  
09H30

Book by  
Monday 17th  
and pay by  
Friday 21st  
February

COST for  
the day is  
R330 which  
includes  
your  
transport  
and a light  
lunch

## WHAT DO THE HOPEFIELD WOMEN DO?

I am always intrigued about what makes little dorpies TICK!

Hopefield - **a dorpie 120 kms from the city** - is where I 'uncovered' such interesting ladies ..come with me this month to discover "What the Hopefield ladies do!!"

There is **AMANDA VILJOEN** on the family farm Skoonsustersbos who grows tomatoes and delivers to restaurants/shops along the West Coast. In season some 13,000 tomato plants grow in her tunnels on the farm.

Then there's **MATHE HETTASCH-LEGNER** who operates a business called ONCE UPON A BREAD - she bakes delicious bread and pastries and supplies local markets with her delicious stock. (Her bread forms part of our lunch and will also be on sale)

Not forgetting **HELENA VAN DER WESTHUIZEN** whose father farmed with bees and when he died in 2010 Helena started honey by-products. Today Helena has a very successful export-based internet business (SIMPLY BEES) and an up market store where she produces and stocks her products!

Come along today and meet these wonderful ladies.....Have lunch on **Skoonsustersbos** and visit **Simply Bees**.

## SOME TIPS TO ENJOY YOUR DAY IN HOPEFIELD

- It is likely to be HOT—wear appropriate clothing
- Amanda will take us on a walk-about to see the tomato tunnels - MAKE SURE YOU HAVE CLOSED SHOES
- The Sand on the farm is like desert sand and is hot in Summer .....BRING A HAT
- There will be produce FOR SALE - Bring CASH
- There will be some wine available, but you are welcome to BYO if you choose!
- Some photos of Hopefield on the BACK PAGE

Thursday  
27th March

## GROTTO BAY - UP THE WEST COAST

Who will remember our trip in April 2007 when we had [early Winter rains!](#)

The heavens opened, and we all traipsed into [Marie Theron's home in Grotto Bay](#) through the kitchen door!

This year the possibility of rain is minimal, and Marie has been so kind to arrange another visit to this artist rich area of properties up the West Coast.

There will be time to hear all about all the artists ; some of their work will be on show ; and you will have the chance to purchase unique art! More details in the March newsletter!

**Time Out has never visited Yzerfontein.....lunch will be there!**



Carol views the tomato tunnels with Amanda Viljoen on the Skoonsustersbos farm, then sips iced tea in the shade!



The store which sells the unique SIMPLY BEE products. (You might have met Helena on the Kirstenbosch market?!!!)

