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Ladies Club

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BANKING DETAILS ON REQUEST

NEWSLETTER

JANUARY 2019

*Life is made up of Memories!  
Treasure them each and every day*

We are indeed so fortunate to be able to get out-and-about on a monthly coach tour in and around Cape Town. These coach tours have come to mean so much in most of the people's lives who come along on the tours, & most say we all have a new family in our lives! Proof of this is ever there is a calamity in your life, The Time Out ladies (and gents) are there to smooth the path for you. Over the year of 2018 we have had much fun going to many different places including a visit to the newly opened **BENGUELA COVE** in January; we had a marvelous lunch at the **PRIVATE HOTEL SCHOOL** in Stellenbosch in February where the students were on-best-behavior waiting on us; March saw us going to another relatively new restaurant **LA PARIS** outside Franschhoek; April we skipped a Thursday trip and many of us boarded the steam train to the **ELGIN RAILWAY MARKET** (A fun, happy day); May saw us going to **MONDVOL** outside Paternoster; June we visited **KIKKA** in Paarl; July is always our Anniversary lunch and this year this was celebrated at **THE ATLANTIC BEACH GOLF ESTATE**; August was time to go to see the levels of the **Theewaterskloof Dam** with a superb home-cooked meal par excellence at **ROUXWIL** (a 5\* guest house); September we visited **ANNA BEULAH FARM** just near Tableview—some painted plates; some visited their animals; in October we went to the **DURBANVILLE ROSE GARDEN** (disappointing); and had lunch at **EVERTSDAL OPSTAL RESTAURANT** (just as well as it has been sold in the meantime); we ended off our year with a visit to **BLOOMIA** (Tulip farm) and we enjoyed our last lunch together at **OPSTAL** in the Breedekloof area!



Thursday  
31st January

Cost for the day  
which includes your  
lunch and  
transport is R480  
per person

Coach leaves  
Constantia at  
08h45 &  
Tableview

Pick 'n Pay at  
09h30

Book and  
pay by  
Friday 25th  
January  
2019

*Come with me to MALMESBURY  
in January!*

**Meet the Chefs at MY CHEFS in town!**

Time Out has never visited the town of **Malmesbury**! We have driven through the town countless times en route to other little towns nearby and so I have decided that today it's going to be Malmesbury.

Of course, I start looking for a restaurant first of all! I discovered a new Restaurant called **MY CHEFS**! Both the chefs (Rory and Stella) at this restaurant worked under John Burton Race in his Michelin starred restaurant, The New Angel, in Dartmouth and under Andy McKenzie at Drakes, the top-rated restaurant in Brighton, England. They gained valuable experience while in the UK and are now living in Malmesbury! They both trained at the Institute of Culinary Arts in Stellenbosch, They both have worked with top chefs in the Winelands before working in the UK. Rory says :- "I get immense satisfaction out of people enjoying my food" Stella says :-

"I love delivering the WOW factor on a plate and particularly

Suggestions to keep us busy whilst in Malmesbury :

**LUV-IT** a home décor store which might just appeal to some of you!

**HISTORIC ROUTE** - We will investigate the historic route which we hear has many old historic buildings - (I realise Malmesbury is HOT in January—so better option is that we'll drive in our coach to look at the historic buildings!)

**MALMESBURY MUSEUM** - There is a museum with photographs of the history of the town and also showcases the large Jewish community who live in Malmesbury!

**SWARTLAND WINERIES** - We can also, of course, visit the Swartland Wineries where you might like to stock up after the holidays!



*myChefs*





Thursday 28th  
February

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## Have you heard of The Singing Cook?

Time Out went to Rivendell on the way to Hermanus in October 2015! It has now been taken over by an Italian Chef who serenades you when he brings your food out of the kitchen! En Route we will visit Pringle Bay and Kleinmond! More in the February newsletter

## What has Mary Honeybun been up to??

When you consider that **1 WHEELCHAIR = 200KG** of bread tags and the fact that 'our' Mary started in 2006 in a small way and for the year of 2018 they donated 72 wheelchairs (that is **14,400kgs of plastic bread tags that never ended up on the dumps**) What a fabulous achievement - Mary and I are in contact via What's App and even though she has 'retired' from actively collecting the bread tags, she still has her group of volunteers who help her sort and clean! Give Mary a call on 021 789 1831/ 078 506 9827—she'd love to hear from you! She often chats to me remembering your names from our early Time Out days!



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Some Memories of 2018