

- Cavalli
on the
R44

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with horses
and friends! 1

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NEWSLETTER

JANUARY 2015



Day at Cavalli on the R44

The end-of-the-year was nigh and on the 27th November thirty two of us boarded the coach bound for Cavalli on the R44. This fabulous new estate is well worth a visit! Cavalli Estate has been born from a family's love for horses, wine & top notch cuisine! The result is that all three passions have found a home at the newly launched Estate along the R44 near Stellenbosch. Cavalli (in Italian this means "The Horses") is the training ground for top horses. Under the leadership of Elra Tonkin-Biering whose passion for horses started at the age of 4. Elra started training horses professionally in the mid 70's. Elra gave us a horse-tour extraordinary—which showed her immense passion for the animals in her care!

Lunch was in their Bistro restaurant overlooking the dam - a decadent lunch well served in perfect surroundings! We had pre-ordered the lunch and it was such a pleasure for me to sit back and relax and leave the meal in the competent hands of the Cavalli well-trained staff. After lunch a few ladies ordered dessert / some enjoyed the Time Out bags of decadence / and Cavalli even gave us a small treat on departure - an excellent day!



Some of the Happy Group @ Cavalli in November

Thursday
29th January

Coach
leaves
Constantia
@ 08h45 &
Tableview
@ 09h30

Cost
including
transport and
lunch is R400
per person

Bookings by
Monday 19th
January &
payments by
Friday 23rd
January

ePalazzo in Philadelphia.....

"il dolce di far niente: the sweet moment of doing nothing"

New Year has dawned - do you want to learn new skills in your



kitchen? I learned of **EPALAZZO** from two Time Out ladies who had attended a Saturday cookery course with Uro. Here Sven and Uro open their home and pass their cookery skills on to others. Uro, the chef recalls how he used to stand on a bench watching his grandmother, Mary-Anne cooking in her Pretoria kitchen. This is what instilled the 'love' of cookery in him! You will have time in the early morning to browse Philadelphia—you'll enjoy the quaint shops (for some gathering) and the coffee shops will beckon for a good cup

of coffee! We are expected up at the Epalazzo house by 12h00 for a demonstration on how to make semi-dried tomatoes & Uro will also teach us how to make Italian spices for the kitchen. This will be followed by a 3 course Italian lunch! (Menu below left).



Our Menu

Anti-pasto

(as a snack on arrival):
salami & prosciutto with Italian
mini flatbreads.

Primi piatti (Main):

4 cheese tortellini &
Mediterranean salad.

Dolci (Dessert):

Pana cotta with berry coulis &
Italian coffee.

Sven and Uro initially owned the Little Denmark Flower shop in Sea Point and when they moved to Italy they actually did the flowers for the Elton John wedding! Uro's passion for cooking was discovered during the years that they lived in Italy.



A quaint shop in Main Road, Philadelphia!

TODAY WE'RE GOING TO FRANSCHHOEK

Its years since Time Out visited Franschhoek and I believe February to be a good month to do so. Lunch will be at the **ALLORA RESTAURANT**. Brian and I have eaten at this restaurant which is positioned in the upper part of Main Road, Franschhoek. This will give you an opportunity to browse the shops before or after lunch.

More details in the February newsletter.

Donation to:

DURBANVILLE CHILDRENS HOME



It was with much joy and happiness that Brian and I delivered product purchased with your donations to the Durbanville Childrens home in the first week of December. We managed to purchase a full kit of stationery / lunch box and water bottle / plus a host of outdoor games for the children.

We were taken on a tour of the facility and one of the houses where the little children (ages 5—9) are housed. Wow what a sad yet happy day for us!!

Our heartfelt thanks to you all for contributing towards this very worthwhile project.

OUTING PRICE INCREASE FOR 2015

You will note that the **MONTHLY OUTING PRICE** has increased. We made mention of pending coach price increases in our September Newsletter. As of 1st January 2015 the new coach price list is effective and whilst we also expect increased meal prices in coming months we will do our best to negotiate the best overall price possible to ensure that our outings are not compromised in any way.



Cavalli—More Photos



TIME OUT TO BE LAUNCHED INTO NEW AREAS



I have had requests to launch the Time Out trips into new areas:
Sea Point / Bantry Bay / Camps Bay / and also into the
Northern Suburbs—i.e. Durbanville / Bellville.

I would like to launch the new coach trips, which will be held on the
FIRST TUESDAY of each month,
Commencing 3rd March 2015.

If you know of friends who live in these areas please give them my
contact details - I do already have a large data base and these ladies
will be contacted individually.

More details in the February newsletter.
What / Where / How??!!



Experience the friendship & Fun